

**PIMA COUNTY, ARIZONA
ANNUAL REPORT**

**RUTH LINNER
HOME DEMONSTRATION AGENT**

**December 1, 1954
to
November 30, 1955**

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ORGANIZATION AND PLANNING

Situation

At the present time all 17 clubs in the county are urban. Approximate membership in the county is 400.

One of the goals set for 1955 was to make contacts in the rural areas of Marana, Sahuarita and Avra Valley. As a result of these contacts, it was hoped that at least one organized group might develop. To date there is the possibility of a club in the Marana Area. Mrs. Clay Pinson is contacting women who might be interested in a Homemakers Club.

Work accomplished in the Marana area the past year included 1 workshop lasting $2\frac{1}{2}$ days plus 2 different programs presented to the Women's Club. 13 home visits were made in the community.

Contact with the women in the Sahuarita area was made through the Associated Women of the Farm Bureau. One program was presented to this group with additional time spent in conducting a one-day workshop for some of its members. Three home visits were made.

The County Agent was most cooperative in helping to make initial contacts in these communities. Conferences were also held during the year with the Director, Assistant Director, and State Leader, regarding work in the rural areas of the county. Three 4-H clubs have been organized in these areas. (see Home Economics 4-H Club Work)

Due to the large number of clubs in the County Extension Program, it has been necessary to hold two leader training meetings in different parts of the county for each major project lesson.

ORGANIZATION AND PLANNING (continued)

Countywide Meetings

Homemakers in Pima County participated in four countywide activities during the year. The group making plans and preparations for these meetings was composed of the presidents from the organized clubs and the County Council Officers. There were four of these Council meetings held during the year with a total attendance of 77.

The first meeting for 1955 of the Pima County Council of Homemakers was held at the University of Arizona Student Union Building. The morning program consisted of the regular business meeting, election of officers and reports by all Homemaker Clubs.

Officers elected were:

President	Mrs. Kenneth Fornwalt	Sagebrush
Vice-President	Mrs. Myron Templin	Cactus Wrens
Sec. & Treas.	Mrs. A. H. Anderson	Ft. Lowell
Publicity Chairman	Mrs. Manoog Savajian	Govt. Heights
Program Chairman	Mrs. Bert Wood	Sunnyside
Song leader	Mrs. Roscoe Kingsford	Cactus Wrens

Following the noon luncheon, the new officers were installed by Mrs. George Mullet, Government Heights, in an impressive ceremony. The Delores Shop presented a Fashion Show, featuring squaw dresses made in Tucson. The show was commented by Mr. Richard Barcelo. 123 women participated in the day's activities, representing 14 clubs.

The Countywide observance for National Home Demonstration Week was the annual Scholarship Tea. Mr. Harvey Tate, Extension Horticulturist, gave an interesting presentation of "Herbs in the Home Garden." This was followed by some folklore music by Mr. Carroll Rinehart, Music Supervisor for Tucson Public Schools. The highlight of the afternoon's program was the fashion show of garments made by 24 homemakers. Ten children's garments were modeled. Many of the garments were made using techniques learned in the clothing projects earlier this year.

Approximately 175 women, including 34 guests, attended the tea. It is the proceeds from this event, plus contributions from each homemaker club that makes it possible for the county group to award two \$75.00 scholarships to two deserving former 4-H club girls who are majoring in Home Economics at the University of Arizona.

During the month just prior to the Countywide Program Planning Meet-

ORGANIZATION AND PLANNING (continued)

Countywide Meetings (continued)

ing, the agent visited fifteen homemakers club having a total attendance of 210 for the express purpose of leading a discussion at each meeting, on the needs of the families and homemaking problems confronting homemakers in the county. The Countywide Program Planning Meeting was attended by 65 homemakers representing 14 Pima County Clubs and 1 Santa Cruz County Club. There were two guests present, a homemaker from Maryland visiting in Tucson for two months and a lady of Syrian descent who had participated in the Extension Program in New York State before moving to Tucson. This was the first time the Santa Cruz women had been included in a combined effort to establish one program for two counties.

Miss Jean Stewart, State Leader, had been asked by the agent to present goals that all homemakers might strive for in the Extension Program. In her presentation she also included some of the goals accomplished during the past year in the two counties. She particularly pointed out the need for expanding the work in the rural areas.

In an attempt to get the women to discuss their needs and problems in the four major fields, four discussion groups were used. The discussion leader and secretary, who presided over each project discussion group, were homemakers.

The leader and club representative both made valuable contributions to the discussion of which projects would meet the needs of the largest number of homemakers in the county.

Voting upon the recommendations from each of the four major field discussion groups was done by a voting delegate from each club. This method of handling the mechanics of the voting seemed to be well received by the women. The meeting achieved its purpose of determining the problems of the majority of homemakers and then arrived at a series of lessons to help the women solve their problems.

The recommendations for 1956 projects are as follows:

Home Furnishings and Home Management

1. Slip covers
2. Homemaker as a painter

Clothing and Textile

1. Buying and caring for fabrics with new finishes
2. Little Boys' Clothing

ORGANIZATION AND PLANNING (continued)

Countywide Meetings (continued)

Special Interest Suggestions

- Tailoring
- Sewing Machine Clinic
- Sewing Machine Attachments

Foods and Nutrition

1. Vegetables and Salads
2. Foreign Cookery

Special Interest Suggestions

- Freezing
- Breadmaking

Community Service and Health

1. Pest Control
2. Mental Health

Special Projects

- Cookies for Red Cross
- Prenatal Clinic Contribution

Included in this report is a copy of the letter sent to all members of Homemakers Clubs before the program planning meeting.

A County Achievement Day was held for the express purpose of seeing what the homemakers in the county had accomplished as a result of the Extension Program as well as other activities participated in by the individual clubs. Each club arranged an exhibit of the articles made by their members during the past year. 135 members and guests attended from 15 clubs.

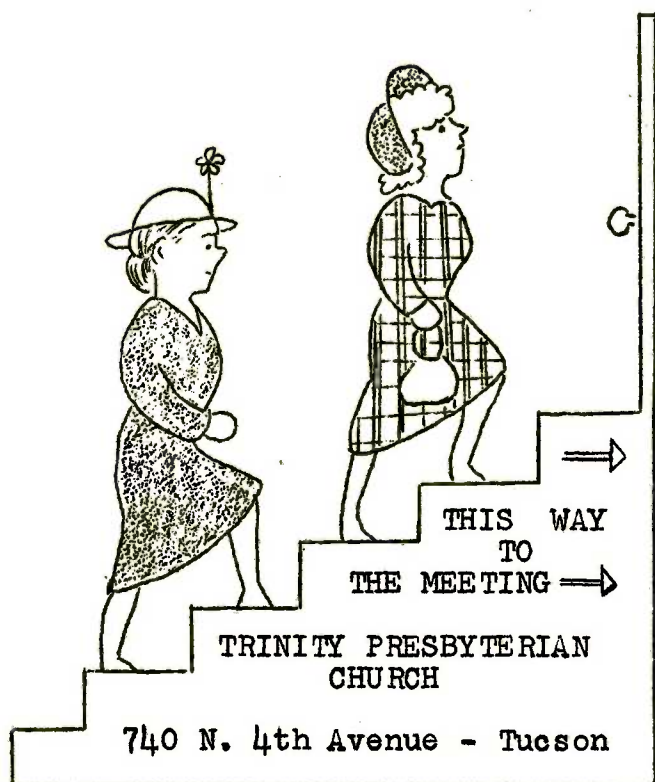
This year there was a Centerpiece Contest which approximately 40 homemakers entered in. The program consisted of a talk "Social Security Amendments" and skits by four clubs. Fifteen clubs were awarded Certificates of Achievement for meeting the county requirements.

COOPERATIVE EXTENSION WORK
in
AGRICULTURE and HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 26, 1955



HOMEMAKER CLUBS
PIMA COUNTY SANTA CRUZ COUNTY

PROGRAM
PLANNING
1956

FRIDAY, SEPTEMBER 23, 1955

10:00 A.M. - 3:00 P.M.

Dear Homemaker:

It comes time once again to make plans for our Homemakers' program for next year. Many Homemakers have been jotting down their thoughts on what projects they'd like included for 1956. Have YOU? If not, NOW is the time!

During the past year, we have discovered that frequently not enough time has been allowed to cover the subject matter in each project. For instance, some clubs have only one hour for the lesson each month. The project leader has much more material than can possibly be presented in that length of time. Then, due to the very full, planned, county program the following month, the club moves on to a completely new project. The only exception to this in 1955 was the Children's Clothing Project.

This year we would like for you to consider selecting fewer projects which would permit you to learn more about each subject rather than just skimming the surface of many. If everyone should see fit to follow this suggestion, it would be possible to have a few special-interest, countywide meetings. We are asking you to consider fewer projects for 1956, but the decision is yours to make.

Each club should devote time at their September meeting to discussing and sharing ideas as to what they would like included in the Pima and Santa Cruz Counties' programs for the coming year. At your club meeting, voice your individual desires, because that will be the only way of letting others know what you feel would meet your needs. Out of the discussion will come a group of ideas that will meet the needs of the majority of club members. Please keep in mind all age groups, so that everyone finds the program interesting and helps meet their needs. Let's also remember that the Extension program is primarily for educational purposes.

The following pages are devoted to trends in the various fields, along with some thought-provoking questions to help stimulate your thinking. The projects listed are merely ideas.

The County Program Planning Meeting will be held on Friday, September the 23rd, at the Trinity Presbyterian Church, 740 North 4th Avenue, Tucson, from 10:00 a.m. to 3:00 p.m. Everyone is welcome at this meeting, whether they belong to a Homemaker Club or not. Bring your own sack lunch; a beverage will be furnished.

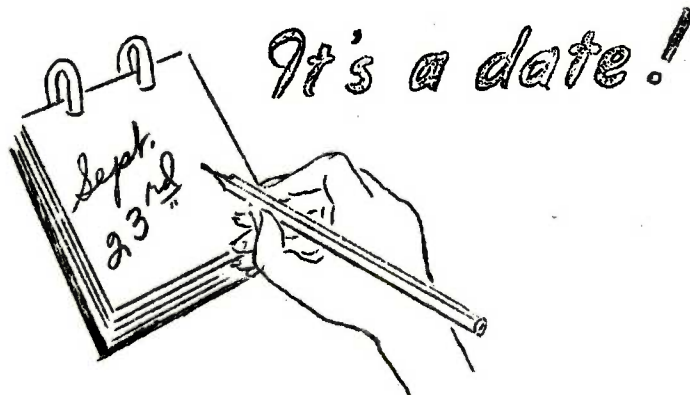
Looking forward to seeing all of you, I am

Sincerely yours,

Ruth Linner

RL:fc
cc:435

(Mrs.) Ruth Linner
Home Demonstration Agent



Home Management and Home Furnishing Trends

The picture in these fields has not changed materially for homemakers in the past year. The struggle to divide the family income satisfactorily is still rather vital.

A look at the house-furnishing field reveals no major change. Items taking a "large bite" from the Home Furnishing dollar are furniture and soft floor coverings.

Vinyl plastic crowds other hard surface floor coverings for acceptance. It has earned its place and is beyond the experimental stage.

Household fabrics are certainly in a transition stage, with blends invading all classes of this merchandise. In a good many instances traditional pieces are being pushed aside by the newcomers among fabrics.

Looking into the future, do any of the following questions suggest ideas you have had in mind for 1956?

1. What does your home need to make it more interesting -- more attractive -- more convenient and comfortable -- safer or a healthful spot for every member?
2. What shall the family buy to meet the needs of every member?
3. What skills do you need to learn, or brush up on?
4. Are there any projects you'd like to have a refresher on?
5. In thinking back over last year's projects, are there any phases you would like to learn more about such as pictures, useful pillows, windows, floor coverings, etc.?

Projects that have been carried on in the past four years:

1952

Ironing a shirt
Care of blankets
Making slip covers

1953

A phase of money management
Insurance
Hard jobs made easier

1954

Accessories for the home
Electricity
Heart program - Help Yourself to Easier Housework

1955

Brush-up on house cleaning
Makeup and Use of Budgets (Sept.-Oct. 1955)
Help Yourself to Easier Housework

In talking with homemakers throughout the year, I have jotted down some things mentioned in regard to the home management-home furnishing field. As a result of this, you will find listed below ideas that might bring to mind combinations of projects that would meet some of your needs during the coming year. This list is only to help you in your thinking about what you feel would be most helpful to you in your home-making tasks.

Good Buymanship

1. Pots and pans
2. Bedding
3. Towels
4. Linen storage, silver storage, table settings, selection of silver, etc.
5. Armchair buying of heavy equipment
6. Carpets
7. Hard surface floor coverings
8. Drapery fabrics

Refresher on Laundry

1. Testing sole plates and bleaches
2. Shrinkage tests for glass curtains

Room Decoration

1. Five-piece slip cover principle
2. The walls of your home
3. What about pictures?
4. Are you a "match maker"?
5. Problem windows
6. Cornices and valances

Handy Helps in Painting

1. Refresher on new surface substances
2. Homemaker as a painter
3. Paints for specific jobs

Better Beds for Every Sleeper

1. Buying bedding
2. Making a bed
3. Protection and sanitation of beds
4. Folding and ironing a contour sheet
5. Hand decorations on bedding

More on Budgets

1. How valuable is your credit?
2. Case studies on Money Management

Foods and Nutrition Trends

Secretary of Agriculture, Ezra Taft Benson, predicts more and better foods from today's paycheck. An hour of labor will now buy more food and better food for the family than ever before. The result is that families today are eating more nutritious food of far greater variety.

Farm people generally appear to be better fed than they were a year ago. However, diet studies show shortages of milk -- for calcium; of vitamin C rich foods as tomatoes, citrus fruits and cabbage; of green and yellow vegetables for vitamin A. Surveys show that women of child-bearing age and adolescent girls rate the poorest diets in the United States.

Members of Homemaker Clubs in Arizona are recognizing the need to extend the information on food and nutrition to young mothers in their community. This is a real problem which members should begin to solve immediately by inviting younger women to participate in club meetings.

If you have been a member of a Homemakers' group for a year or more, why not go back through the material you have received at the various project lessons to refresh your memory as to what you have had and then decide what has been most beneficial to you. This should help you in determining what you would like to study next year.

Our records show the following projects have been carried during the past four years:

1952

Prepare food for the freezer
Eating for health
Holiday treats from the kitchen

1953

Pressure saucepans
Meat Cookery
Preparing food for the freezer

1954

Egg and cheese cookery
Poultry cookery

1955

Outdoor cookery
Economical entertaining with ease (Nov. 1955)

Some of the projects that have been high on the list for the past two years are:

1. Breadmaking
2. Packed lunches
3. Fish cookery

Some things to think about in this field:

1. Do the meals you plan include the basic seven? Are they well balanced?
2. Are school children getting balanced lunches?
3. Are homemakers interested in learning the nutritive value of foods? How many calories, how much calcium, vitamin C and B, vitamin A, that are needed every day for health?
4. Do you get the most value from your food dollars, so far as nutrition is concerned?
5. Do all homemakers in your community buy only enriched flour and bread products, or products made only with 100% whole wheat flour?
6. Are homemakers buying meats by grade? Do they prepare the less tender cuts and lower grades of meat so that families enjoy eating them?

7. Do you serve "healthful" desserts to your family?

8. Is it difficult to get friend-husband and children to eat salads?

Clothing Trends

The past year has seen little change in clothing prices. Clothing prices have declined more than prices for food and home furnishings over the past few years.

A single sizing system has been presented to the Women's Apparel industry by the Commodity Standard Division of the U. S. Department of Commerce. Some standardization of sizes may be seen in the near future for ready-to-wear. This may possibly be reflected in the pattern industry.

Review of projects carried during past four years:

1952

Making slacks (special interest)
Good grooming (hair styling)
Tailoring coats and suits (special interest)

1953

Short cuts in clothing
Mending
Sewing machine clinic

1954

New fabrics
Costume accessories
Sewing machine clinic

1955

Children's clothing (emphasis on little girls)
Foot care (which will need to be carried over and presented in 1956)
Sewing machine clinic

After going back and thinking about what you have gained in the past four years, bring yourself up-to-date as to what you would like to learn during 1956.

1. Do you get your money's worth when buying men's and boys' clothing?
2. Would you like to know more about selecting and making boys' clothes?
3. Western shirts have been mentioned for the past two years at program planning. Are you interested in learning how to make western shirts?
4. Good grooming can be had for little money and it helps to make you well dressed. Do you have the best grooming habits?
5. Posture problems cause fitting problems and fatigue. Could you help your own posture?
6. Can you purchase comfortable foundation garments? (Girdles, brassieres)

7. Can you do decorative detail finishes that give that expensive look to garments, by either hand or machine?
8. Do you feel that you need to know more about the handling and care of fabrics with new finishes?
9. Does the making of belts, buckles, buttons, gussets, etc., cause you difficulties when sewing?
10. Would you like to know more about combining colors to make the most pleasing color combinations?
11. Do you know how to clean your sewing machine?
12. Do you make the best use of your machine? That is, do you know how to use some simple attachments.
13. Do you have adequate space for sewing equipment and material?

If you answer any of these questions in the affirmative, perhaps some of the following projects would meet your interests and needs. If not, please make your own list.

Sewing for the Men in Your Family

1. Western shirts
2. Pre-school boys' clothing
3. Buymanship of men's clothing

Better Grooming

1. Posture
2. Proper selection of foundation garments
3. Good grooming habits
4. Foot care

Finishes

1. Decorative finishes
2. Finishing techniques for new fabrics
3. Belts, buckles, buttons, gussets, etc.

Clothes and You

1. Selection and combining of colors
2. Selecting becoming clothes

Making Sewing Easier and Efficient

1. Sewing machine clinic
2. Sewing machine attachments
3. Sewing equipment and storage

Health and Community Service

This topic can cover the miscellaneous projects you would like to consider for the coming year.

Last year three projects were suggested which could not be included in the 1955 program. Do you want to reconsider them?

1. TB - Cancer - Polio
2. Mental health
3. Flower arrangement

Perhaps we might want to consider the possibility of having a county-wide community service project. In the past two years we have contributed cookies to the Red Cross and money to the Well Baby Clinic. Should these be continued, or should we make a change?

The following have been mentioned as possibilities:

1. Ryland Home
2. Crippled Children
3. Maternity Ward at the County Hospital
4. Safe or Sorry
5. Civil Defense
6. Homemakers Women's Chorus

What do you suggest?

There are always projects of interest that do not fit into any special category. Those listed below have been mentioned during the past year.

1. Desert growth (native cacti, Palo Verde, Texas Ranger, etc.)
2. Prevention and control of insects and pests
3. Landscaping -- suitable plantings (what to put where)
4. Flower arrangements

RL:fc
8/18/55
cc: 435

ORGANIZATION AND PLANNING (continued)

New Extension Clubs

Three new homemaker clubs were organized during the year. The first club was organized in April with 12 women from the Rodeo addition. These women had been meeting regularly for two years as a social club.

One of their members joined the Manorettes Homemakers Club two months before and was so enthusiastic that she felt that her friends would also enjoy the Extension's educational program. At their request the agent met with them and explained the aims, purpose, and goals of the Extension program.

This particular group was made up of several sisters, sister-in-laws, mothers and mother-in-laws so that the ages of the members were quite varied. They elected to call themselves the Rodeoettes, because of their location. The officers and project leaders were selected. The foods leaders attended the Leaders' Training Meeting on Outdoor Cookery.

The club held only one regular meeting at which time they had the outdoor cookery project. By fall about 1/2 of the membership had moved away from the community and there was not sufficient interest to continue the club.

In June a request came to the office for a club from a lady who had been a member of the Sew & So Club for several months. She lived quite some distance from this group. In talking with her friends and acquaintances in the neighborhood, she found that several women were interested in belonging to a Homemakers Club. She invited these women to her home and asked the agent to be present and explain the Extension program. Seven women attended the first meeting and five more who were unable to be present had indicated they were definitely interested. These women are located in three subdivisions east of Tucson - Hoffman addition, Del Monte Village and Franklin Heights. Following the discussion the women indicated they definitely wanted a club in their community. One lady, an enthusiastic booster, said several years ago, she belonged to the Desert Club and had missed the valuable assistance given by the agent and specialists. One of the homemakers present had made a contact with the agent a year ago to form a club in this neighborhood, but due to ill health had not carried through.

They now have a membership of 16 women who have been meeting regularly and attending all training meetings. Most of these women have pre-school or school age children.

ORGANIZATION AND PLANNING (continued)

New Extension Clubs (continued)

One year ago in October, a new Homemakers Club was organized in Ajo. At that time the women indicated that they were sure that it would be possible to have at least three organized groups in their community. A step in the direction of fulfilling that goal was taken the latter part of October.

A group of ten young women with small children met to discuss the possibilities of having an evening club. Three of the younger women belonging to the afternoon group plus one older woman explained how a Homemaker club functions, what its main purposes are, each club member's obligation to the club, amount of time involved, leader training meetings, etc. Sufficient interest was shown by the women to warrant the organization of a club. They have held one meeting with a project lesson. The agent met with them at that time. There are 13 members at this time; three members of the original afternoon club have transferred their membership to this new group.

As soon as this group is securely established, the women in the Ajo community are already making plans to help organize a group of Mexican ladies, who have inquired about the Extension program. There is also the possibility of a very young married group asking for assistance and perhaps organizing a club.

It was with regret that the Pima Verde Club organized in the fall of 1954 disbanded. Only two women were willing to attend training meetings and put forth any effort to make the Club a success. It seems as though the women wanted a social group. The two interested women became members of one of the already established clubs.

At the County Achievement Day a lady from the Flowing Wells district inquired from the agent as to what must be done to organize a club in that community. The families in that area live on small acreages.

Effort has been put forth to organize a club in the Marana area. One interested homemaker has been contacting friends and neighbors who might be interested. These women do not currently belong to any other clubs in their community.

ORGANIZATION AND PLANNING (continued)

Officers' and Project Leaders' Training Meeting

An Officers' and Project Leaders' Training Meeting was held in February so that the officers and project leaders would better know what is expected of them to fulfill their job.

Mr. Glenn Blackledge spoke to the women briefly on the over all picture of Extension work in Pima County. Few of the women were aware of the agricultural phase of the County Program simply because the women we contact are mainly suburban. Mr. Blackledge also told the women of the need for the Home Demonstration Agent to work with the rural women in hopes that they will become a part of our County Program. He enlisted their cooperation in carrying a larger portion of their program in 1955 so that this goal might be realized.

The balance of the morning program was devoted to discussion groups for officers. Miss Jean Stewart met with the presidents and vice-presidents to help them with their problems and to establish what their duties to their club were. Mrs. Betty Milburn, Women View Editor of the Tucson Daily Citizen, met with the reporters. Mrs. Milburn outlined what should be included in their publicity articles which would be news to the reading public. The reporters were also encouraged to keep a club scrapbook.

The agent talked with the secretary-treasurers encouraging them to elaborate on the activities of their clubs. A simple basic form was outlined for the treasurers to use to keep a record of the club finances.

The project leaders attended the group of their choice. Immediately following the discussion groups, Miss Stewart discussed elementary parliamentary procedure with the entire group.

The afternoon session was devoted to helping the project leaders in planning their demonstration for the club meetings. A demonstration on "dampening a shirt" was given by the agent to give the leaders something concrete to discuss.

It was felt that the 92 women who attended were a little better prepared for their job in 1955. 14 clubs were represented. The ajo group was not represented.

HOUSE AND FURNISHINGS

Slip Covers

A request was made by Mrs. Cecil Payne, Marana, for the agent to give assistance in making slip covers to a group of women in her neighborhood. It was decided to hold a two-day workshop so that the women could actually have the experience of covering a chair. In preparation for the workshop the agent spent one afternoon giving Mrs. Payne assistance in measuring the chair for the amount of fabric needed. Also time was spent in discussing fabrics and basic techniques of slip covering.

Ten different women were on hand at the workshop to learn how to tailor slip covers. The women learned how to lay out the measurements in block form on the fabric so that it would cut to best advantage. They were also impressed with the fact that accurate measurements must be taken before the blocks are layed out. This type of a slip cover is made to fit, therefore, all fabric must either be sanforized or shrunk at home before work begins.

Demonstrations were given on the following points followed by the women actually doing the work:

1. Fitting the block pieces to the chair
2. Correct way of inserting pins
3. Slip stitching
4. How to make cording and how to apply it
5. General fitting of cover such as
 - a. slashing curves to make it fit
 - b. tuck-ins
6. Procedure for stitching cover after slip stitched

One chair was covered in the workshop. Results were gratifying to Mrs. Payne. Two other women have chairs which need to be slip covered. One homemaker was so impressed with the importance of tuck-ins that she went home and made adjustments in an old cover to achieve a better fitting cover.

A group of women from Sahuarita evinced an interest for learning how to make slip covers. Six women met for a one-day workshop. The hostess had not purchased an adequate amount of fabric for covering her chair so that as a last minute alternative, we used unbleached muslin. This permitted the women to have the experience of learning the techniques of slip covering and gave the hostess a pattern which

HOUSE AND FURNISHINGS (continued)

Slip Covers (continued)

she will use after purchasing additional fabric. The procedure used was identical to the information given to the Marana women.

This method of teaching was new to the agent and she was hesitant to attempt the project, knowing that the end result would be used for a pattern only. For this one particular instance the results were most satisfactory. The hostess was well pleased and all the women learned new techniques, which will be used in their own homes.

Accomplishments Reported

These figures were taken from 168 Homemaker Reports.

Slip covers -	16	women	slipcovered	22	chairs & davenports
Upholstering -	20	"	upholstered	49	pieces
Draperies & Curtains -	32	"	made	95	pairs
Refinishing Furniture -	4	"	refinished	14	pieces
Lampshades -	9	"	made	19	lampshades

FOOD PRESERVATION

Freezing and Canning Foods

There are few home vegetable gardens in Pima County as compared to the population. Fresh vegetables are with us the year round in Southern Arizona. This encourages homemakers to freeze and can fruits and vegetables at the height of production when prices are low. Broccoli, cauliflower, beans, green peppers, strawberries, peaches, apricots and citrus fruits are among these products frozen in quantity.

There was only one request from an organization for assistance on Food Preservation. The Marana women's club asked for a talk-demonstration on the "Various types of Freezing Containers and Basic Freezing Information." The various types of containers were shown and discussed. Essential information on correct wrapping was given. Several women present were totally unaware of the importance of correct wrapping, consequently had much food in their freezer insufficiently wrapped. Very few women in this area have fruits or vegetables to freeze. The main items frozen are meats and ready cooked foods. Some members of this group would be interested in actually preparing foods for the freezer at some later date. Nineteen women were present.

One of the local radio stations asked the agent to appear on one of their daily half-hour programs which features a guest who answers questions phoned in by the listening audience. The subject was on "Freezing Foods at Home." Approximately 13 calls were received during the program. Time was also allocated for giving basic freezing information which should be of interest to anyone who owns a freezer. The recipe for chocolate covered bananas was given to the listening audience.

Homemakers reported the following quantities of food frozen in 1955. These figures are taken from 168 reports.

Meats	38 women prepared	4,537 lbs.
Fruits	32 women prepared	1,153 lbs.
Vegetables	21 women prepared	492 lbs.
Prepared Foods	26 women prepared	1,418 items

One should note that very few women can meats and vegetables in this county. The following figures were taken from the same reports.

Meats	2 women prepared	31 qts.
Fruits	30 women prepared	551 qts.

FOOD PRESERVATION (continued)

Freezing and Canning Foods (continued)

Vegetables	9 women prepared	260 qts.
Jelly	33 women prepared	552 jars
Preserves	37 women prepared	548 jars

FOOD SELECTION AND PREPARATION

Poultry Cookery

This project was carried on by the clubs in November 1954 so that results could not be included in the 1954 report. Out of 168 women reporting, 90 stated that they prepare all poultry using low temperatures.

75 women answered and returned a questionnaire on buying of poultry. Results are as follows.

1. What Poultry did you buy? (there are some who reported more than 1 purchased)

Roaster	23
Fryer	65
Stewing Hen	9
Tiniest Turkey	9
2. Was it fresh? 70
Was it frozen? 23
3. If fresh poultry, was it ready-to-cook? 78

Dressed (feathers removed head & feet attached undrawn) 5
4. Was poultry graded, labelled,
U. S. Grade? yes 49 (the agent questions this figure)
no 33
5. Was poultry inspected? yes 44 (the agent questions this figure)
U. S. inspection seal no 34
6. Was poultry graded by brand name? yes 50 (the agent questions this figure)
no 30
7. How did you prepare and serve poultry?

Roasted	30	Broiled	16	Fried	37	Braised	7
Stewed	7	Boiled	1	Foil	1	Deep fat fried	6

One homemaker stated that she raised her own chickens.

FOOD SELECTION AND PREPARATION (continued)

Poultry Cookery (continued)

	Do You Buy		Do You Buy by Grade
	Yes	No	
Fresh			
Dressed	5		
Ready to Cook	60		37
Roaster - Fryer	21		8
Stewing Hen	26		15
Frozen	28		14
No. of times prepared if more than once.			
Roasting at 325° F. or lower	58	—	36 prepared more than once 352
Broiling	26	—	9 prepared more than once 92
Braising	13	—	8 prepared more than once 70
Frying	50	—	27 prepared more than once 301

64 women reported these results.

Listed below are some of the comments made on the reports:

"I was glad to learn one should not stuff fowl the day before cooking."

"My turkeys turned out this year better than ever, due to what I learned."

"Roasted at 325° for Thanksgiving and Christmas with cheese-cloth - Excellent results!"

"I found out that what I thought was frying was really braising."

"Have found turkey more juicy cooked at low temperature."

"Note labels and grades now."

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery

The training meeting for project leaders in Outdoor Cookery was conducted by Mrs. Elsie Morris, Nutrition Specialist, at one of Tucson's City Parks, De Anza Park. Permission was granted us by the City Manager to build fires in the ungrassed areas. Fires were built in 3 portable grills and 2 ground fires. One fire was started prior to the time the women arrived, this was necessitated by the length of cooking time required for the barbecued ribs.

Mrs. Morris taught the women how to build a safe fire, starting with small pieces of dry kindling and newspapers. Charcoal-briquets were used as fuel for all the fires.

The three main reasons for the project lesson were:

1. To encourage outdoor barbecue cooking.
2. To encourage the family to prepare new dishes including foil cookery out-of-doors.
3. To plan nutritious outdoor meals.

Mrs. Morris stressed through the lesson the need for well balanced and nutritious meals.

Before actually preparing the food, Mrs. Morris conducted a discussion on necessary safety precautions which should be taken when cooking out-of-doors. She also stressed that it is necessary to have a fly free picnic area if we are to maintain desired health standards when eating in the open. We should plan safe foods for picnics. Soft protein foods, especially those handled in preparation are subject to rapid and dangerous spoilage at Arizona's warm temperatures. To end this discussion period some time was devoted to talking about insulated picnic boxes and the availability of liquid ice to keep foods chilled and safe.

The portion of the meeting devoted to building fires, preparation of food, and the clean-up was extremely well organized by Mrs. Morris. Four groups were organized with a Captain, Cook and Assistants, Fire Makers, and cleaners designated to perform certain duties in each individual group. The items of food to be prepared were divided among the 4 groups and they were given printed material to indicate exactly what they were expected to do. The leaders were encouraged to organize their club members in like fashion.

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery (continued)

Foods prepared were as follows:

1. Barbecued Plate Ribs (we used stew meat from the chuck rather than the rib)
2. Broiled Beef Patties
3. Broiled Shoulder Steak $1\frac{1}{2}$ inches thick which was tenderized with a commercial meat tenderizer.
4. Red Flannel Stew
5. Vegetables cooked in aluminum foil
6. Cowboy biscuits
7. Cole Slaw with carrot-lemon dressing
8. Cocoa
9. Kabobs
10. Fresh pineapple

Recipes for the above are attached to this report.

The three foods prepared which amazed the women were broiled shoulder steak, cowboy biscuits and vegetable in foil. Very few of the women had ever prepared these foods outside and were extremely pleased with the results.

Following the clean-up of picnic site, the group discussed the basic seven chart and heartily agreed that it is not difficult to include all of the basic seven foods in an outdoor meal.

Time was allotted for the project leaders to plan how this lesson could be presented to their own individual club.

Two identical meetings were conducted by Mrs. Morris on consecutive days so that all project leaders could secure more individual help than would otherwise have been possible.

A summary of the Outdoor Cookery Project shows that 16 meetings were held with 271 women attending. 34 project leaders and 7 guests attended the training meeting.

15 clubs returned the reports of their meetings.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture

Agricultural Extension Service
Home Demonstration Work
County Agent Work

OUTDOOR COOKERY

Prepared by

Ruth Linner - Pima County, Home Demonstration Agent
and
Elsie H. Morris - Extension Nutritionist



NF 484
4/55
cc: 425

OUTDOOR COOKERY

Prepared by

Ruth Linner - Pima County, Home Demonstration Agent
and

Elsie H. Morris, Extension Nutritionist

Reason for the meeting:

1. To encourage outdoor barbecue cooking.
2. To encourage the family to prepare new dishes including foil cookery, out of doors.
3. To plan nutritious outdoor meals.
4. To learn more about camp cookery.

Material and Tools

Outdoor fireplace or portable grill	1. Plan to hold your club meeting at a place where outdoor fireplace and portable grills will be available.	
Matches	2. Fireplace or portable grill with direction of the prevailing winds.	Avoid being smoked out.
Kindling	3. Place grate about 6 inches from coals or about 12 inches from roaring fire.	Draft - smoke out of cook's eye.
Newspapers	4. Allow an hour for fire to settle down to glowing coals.	
Hardwood and/or Charcoal Briquettes	5. Never leave the fire unattended.	Prevent forest fires
Shovel	6. Before leaving, put out the fire and soak coals with water.	
Jackknife		

Kinds of Wood

Pine - burns quickly, good tinder Oak,
mesquite, olive, locust, ironwood, charcoal -
burn slowly.

Wood of a fairly uniform size burns to a
uniform bed of coals.

Place meat for broiling when the white ashes
are starting to fall from red glowing coals
and the whole bed is beginning to turn gray.

Salt Subdue flames caused by dripping grease by
throwing on a handful of salt or sprinkle
with water

Foil	Wrap campfire pans in aluminum foil before placing over the fire - eliminates scrubbing, soot covered utensils and prevents too fast cooking,	
Yellow soap	<p>or</p> <p>Soap the outside of all cooking utensils with yellow soap so that soot washes off easily.</p> <p>Do not break glass bottles</p> <p>Do not leave empty cans or garbage</p>	
Paper sacks Scotch Tape	Use paper sacks for garbage at each food preparation center.	Do not breed flies and mosquitoes.
Dutch oven	<p><u>When Dutch oven or rock hot enough?</u></p> <p>Wet your finger, touch it gingerly to oven or rock. If it makes a quick pop it is too hot. If it sizzles a little, it is not hot enough. If it makes a quick "pst" begin to cook.</p>	
Screen Covers	Outdoor eating areas can be fly free if prepared before the food is served.	Fly control Flies may be the cause of dysentery, typhoid and (polio)

List of foods and utensils

Foods for outdoor Meals

1. Make a list of everything that will be needed at the same time you plan your picnic menu. As the basket is packed check item by item.
2. Plan simple well-balanced meals.
3. Plan safe foods for picnics. Soft protein foods - especially those handled in preparation are subject to rapid and dangerous spoilage at warm temperatures.

Salad dressings, stuffed eggs, all meats must be kept cold. They cannot stand and wait in picnic baskets or in hot cars.

Arizona temperatures are high. Temperatures of food carried in cars increase rapidly.

Fly control films for community available through the County office.

Instead of filling sandwiches, take along bread and butter, bread or rolls. Keep the fillings in cold containers. Let the guests spread their own.

4. The fly-free picnic. The fly-free community.

Insulated Picnic Box

2 cartons	Place one cardboard carton inside the other.
Newspapers	Stuff newspapers tightly between the boxes.
String	Tie several layers newspapers over the cover
Liquid ice	of the inside box. Freeze can of liquid ice
new gels in	and place in picnic box to keep food chilled
plastic tubes	

First Aid Kit	For picnics away from home
Snake-bite Kit	Take along first aid kit and snake-bite kit.

FOODS FOR OUTDOOR MEALS

Recipes

BARBECUED PLATE RIBS

Servings - 8

2½ - 3 hours

Grocery List

3 lbs. plate ribs (cut in 3" lengths)
Small piece beef suet
2 onions - chopped
1 clove garlic - minced
8 stalks celery - 2" lengths
6 carrots - cut
6 potatoes - cut
¼ teaspoon oregano
¼ teaspoon rosemary
salt and pepper
1 small can tomato paste
½ cup vinegar

Utensils

1 piece cloth
1 large skillet or Dutch oven
and/or
3 qt. casserole with cover
1 knife
1 cutting board
1 carrot peeper
1 bowl scraper
1 liquid measuring cup
1 serving spoon

1. Wipe meat with clean damp cloth to remove bone sawdust.
2. Render the suet in skillet or Dutch oven - about two tablespoonfuls - over low heat. The use of fat of the animal enhances the flavor of the beef.
3. Brown the ribs slowly on all sides over low heat. Browning develops flavor and color. Slow browning stays on the meat better than quick browning at high temperature. With slow browning there is no spattering nor smoking of the fat. To intensify browning the meat may be dredged with flour. Remove the ribs when browned.
4. Saute or brown for two minutes, the chopped onion, minced garlic and celery until yellow brown.

5. Drain excess fat from kettle.
6. Add tomato paste, vinegar and seasonings. Mix and bring to a boil. The acid of the tomatoes and vinegar aid in tenderizing the meat.
7. Add the ribs and coat each piece with sauce. Cover tightly and cook over low heat until the meat is tender (about 2½ to 3 hours). Add vegetables the last 35 minutes of cooking.

The ribs may be cooked over low heat on top of the range at simmer (not boil) or in a 300°F. oven; or in the pressure sauce pan at 10 pounds pressure for 25 minutes. Add vegetables the last 35 minutes of cooking.

BROILED BEEF PATTIES

Yield: 4 servings

Time: About 20 minutes
Temperature: Broil at 350°F.

Ingredients

- 1 pound ground beef
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1 teaspoon horseradish
- ¼ cup bread crumbs or uncooked oatmeal
- 6 slices bacon
- ¼ cup catsup

Utensils

- 1 broiler
- 1 mixing bowl
- 1 fork
- 6 tooth picks
- 1 set measuring spoons
- 1 serving plate
- 1 can-opener
- heavy foil
- tongs

1. Combine ground beef and other ingredients
2. Shape in 6 patties. Wrap with bacon secured with toothpicks.
3. Place on broiler pan in preheated broiler or on outdoor grill over glowing fire.
4. Broil about 10 minutes or until the surface of the patties is well browned.
5. Turn and broil about 10 minutes more.
6. Serve at once. Catsup may be poured over patties.

To Cook in Aluminum Foil:

1. Place sliced potatoes, carrots, and onions on a square of heavy foil. Add pepper and salt if desired.
2. Place beef patty on vegetables.
3. Using drug store wrap, enclose foods securely.
4. Cook on grill - 15 to 20 minutes for each side or in a bed of glowing coals 10 to 15 minutes on each side. From practice you can judge time for doneness to suit your family.

BROILED STEAK

Time: 15 - 30 minutes

Temperature - Broil or 350° F.

Ingredients

1 hip bone sirloin - $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick
(choice grade) or
1 shoulder steak - $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick
(choice grade)
2 tablespoons butter or margarine
Parsley
Lemon juice
Meat tenderizer
Monosodium glutamate

Utensils

Broiler with rack or
Outdoor grill
Fork
Knife
Serving platter
Spatula (wide)
Cloth
Tongs

4 - 6 servings

Broiling Directions:

1. Pre-heat gas broiler for 10 minutes or place on grill about 4 to 5 inches above the glowing coals.
2. Slash outside fat to prevent curling
3. Cook without turning $7\frac{1}{2}$ minutes for inch steak, 15 minutes for 2" steak.
4. Serve with drawn butter sauce.

Sauce

To the steak drippings add 2 tablespoons butter, 1 tablespoon lemon juice and chopped parsley.

Red Flannel Stew

Yield: 5 to 6 servings

Time: 20 minutes

Grocery List

1 large onion
1 can corn beef
1 can pinto beans or frijoles
1 can tomatoes or tomato sauce
 $\frac{1}{2}$ pound cheddar cheese
Chili powder
Tortillas

Utensils

Dutch oven or
Iron skillet
can opener
paring knife
large spoon
grater
pot holders

1. Saute chopped onions.
2. Add beans. Mash some beans.
3. Add meat, chili powder and tomatoes. Heat.
4. Add cubes of cheese. Heat to melt.
5. Serve on heated tortillas.

Vegetables Cooked in Aluminum Foil

Potatoes Baked in Foil

Time: 1 hour

1. Wrap each scrubbed and pricked baking potato in foil. Bury in hot coals. Turn occasionally.
2. Unwrap; cut cross in top and insert butter.

Fresh Corn in Foil

1. Husk garden fresh ear or use frozen corn on cob.
2. Spread soft butter; sprinkle with salt and monosodium glutamate.
3. Wrap in heavy foil. Fold ends of foil under.
4. Grill over or bury in hot coals. 10 minutes for fresh corn; about 15 minutes for frozen corn. Turn ears occasionally.

Cowboy Biscuits

Grocery List

5 pound sack enriched flour
salt
baking powder (double action)
shortening
water

or
biscuit mix
margarine

Utensils

Dutch oven
sack of flour
measuring spoons
mixing spoon
potholders

Yield: 12 biscuits
Time: 15 to 20 minutes
Temp: hot

1. When flour is not premixed use the following proportions:

For each cupful of water use:

- $\frac{1}{4}$ cup shortening
- 1 teaspoon salt
- 3 teaspoons double action baking powder

Mix salt and baking powder. Put into bowl-like hollow in the top of the flour sack, together with shortening. Mix all together with flour.

2. Add water slowly. One cupful of water uses about 2 cupfuls of flour.
3. When the dough can be handled without sticking to the floured hands, form into a sausage-like roll and pinch off biscuits.
4. Grease both sides of biscuit in melted fat in Dutch oven.
(NOTE: Dutch oven is preheated on a bed of coals.)
5. Cover oven and put hot coals on cover.
6. Bake 15 to 20 minutes - until golden brown.

Cole Slaw with Carrot - Lemon Dressing

Ingredients

1 lemon (juice and grated rind)
 $\frac{1}{4}$ cup granulated sugar
carrots (1 cup grated)
1 head green cabbage
 $\frac{1}{4}$ cup water

Utensils

1 grater
1 reamer
1 sharp knife
1 cutting board
1 small saucepan
1 large serving bowl
1 serving spoon
1 small serving bowl
with liner plate

Carrot - Lemon Dressing

1. Combine grated rind and juice of one lemon.
2. Boil sugar and water to form a syrup. Cool.
3. Add syrup to the carrot-lemon mixture. Chill.

Cole Slaw

1. Wash cabbage. Remove outer leaves.
2. Cut cabbage in quarters, using a sharp knife - shred cabbage. Avoid bruising to retain vitamin C. Chill.
3. Toss shredded cabbage with carrot - lemon dressing just before serving.

This salad supplies vitamin C and vitamin A.

Carrot - lemon dressing can also be served on fruit or vegetable salads.

Cocoa

Yield: 12 cups

Grocery List

$\frac{1}{2}$ cup cocoa
 $\frac{1}{2}$ cup sugar or less
10 cups potable water
2 tall cans evaporated milk
salt
vanilla (optional)

Utensils

3 $\frac{1}{2}$ quart kettle
1 cup or No. 10 can with
wire bale
1 large spoon
pot holder

1. Mix the cocoa, sugar, and salt. Add water and boil for 5 minutes.
(NOTE: The cocoa syrup may be made at home and combined with milk at campfire)
2. Add the milk and vanilla if desired. Bring to a boil and serve.
(CAUTION: Cocoa will scorch over too hot a fire. After milk is added, it may boil over as the beverage comes to a boil.)

Cafe au Lait

Yield: 8 cups

Grocery List

Coffee
Evaporated milk
or
Whole Milk
Potable water

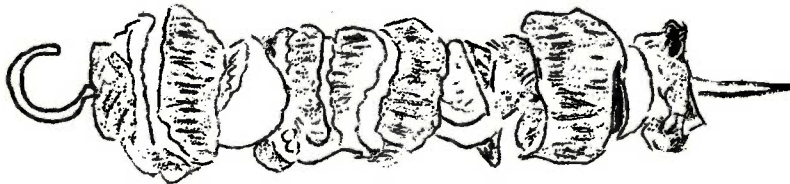
Utensils

Coffee pot
or
Kettle
Sugarbag and string
Can opener

1. Boil $3/4$ cup of ground coffee in cloth bag in 5 cups of water for 6 minutes.
2. Add 1 cup of evaporated milk and let simmer for 2 minutes; or boil coffee in 4 cups water and add 2 cups whole milk.
3. Serve

MEALS WITHOUT UTENSILS

Kabobs



Grocery List

Meat (cut in 1" cubes)
Allow $\frac{1}{4}$ pound meat per person
Onions
*Tomatoes
*Bacon
*Cheese

Utensils

Green sticks - 18" long
or
Metal skewers.
Sharp knife

* Optional

1. Everyone makes his own. Spear on a green stick or on long metal skewers, cubes of meat (beef, veal, liver, luncheon meat) and/or thick slices of onion, thick wedge of tomato, and bacon. Add cubes of cheese, last few minutes of broiling.
2. Roast over the coals of an outdoor fire.
3. Salt, add mustard and dill pickle slices. Eat from stick or slide into a bun.

Roasting Potatoes, Onions, and Corn

Grocery List

Medium size potatoes
Medium size onions

Corn
Fat

Utensils

1 lard pail lined
with chicken wire

1. Rub washed vegetable with fat, place in pail, cover and roast on coals, about 60 minutes. Add corn last 15 minutes of cooking time.

Raw Vegetables

Grocery List

Carrots
Celery
Cucumbers
Tomatoes
Salt

Utensils

Carrot peeler
Paring knife
Pan for washing

Serve as strips, slices and wedges.

NOTE: Vegetables may be washed and chilled at home and carried to out-door meal in a plastic bag wrapped in newspapers or in a insulated paper bag.

French Bread with Garlic

Grocery List

French bread
Clove garlic
Butter or margarine

Utensils

1 paring knife
1 large knife
1 small cup or bowl
foil

1. Cream $\frac{1}{4}$ pound butter and $\frac{1}{4}$ clove garlic, minced, to a paste.
2. Cut bread in slices down through loaf to the bottom crust, but not all the way through.
3. Spread with garlic butter.
4. Wrap in foil - heat slowly.

S'mores

Grocery List

Graham crackers
Marshmallows
Thin milk chocolate bars

Utensils

Green toasting stick

Recipe (One serving)

2 Graham crackers
1 marshmallow

One-half of a thin milk
chocolate bar

1. Put the chocolate between the crackers.
2. Toast marshmallow. Put it between the chocolate and crackers.

OPTIONAL RECIPES

Grocery List

Allow $\frac{1}{2}$ pound spareribs per serving
Salt
Ketchup
Garlic
Cloves
Olive oil
Dash onion salt

Utensils

Dutch oven
or
Iron skillet
Large fork
Spoon
Pot holders

Recipe

1 cup tomato ketchup
3 cloves
 $\frac{1}{2}$ cup olive oil

2 whole cloves garlic
dash of onion salt

1. Rub salt into the ribs by hand.
2. Cook very slowly. Do not allow to burn
3. When ribs are nearly done, baste with sauce
4. Baste again before serving

Apricot Mallows

Grocery List

1 pound dried apricots
1 package marshmallows
Granulated or confectioner's sugar

Utensils

1 cooking kettle
Waxed paper

1. Wash dried apricots. Soak for an hour and cook in a double boiler without extra water; or use tenderized dried apricots.
2. When soft, put a marshmallow between two apricot halves and press the edges together.
3. Roll in confectioner's or granulated sugar.
4. Serve cold.

MISCELLANEOUS

Grocery List

Matches	Pineapple
Yellow soap	Oranges
Paper napkins	Charcoal
Chore boy	Briquettes
Paper towels	Drinking Water
Aluminum foil	

Utensils

Newspapers
Hatchet
Boy Scout knife
Shovel
Paring knife

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery (continued)

Results are as follows:

1. List all foods served at your outdoor cookery lesson.

Beef Patties	7	Oranges	9
Barbecued plate ribs	2	Pineapple	8
Red Flannel stew	14	Vegetable in foil	10
Broiled steak	3	Cheese cake	1
Corn in foil	3	Coffee	8
Cowboy biscuits	2	Ice Tea	4
Coffee can cookery	2	Carrot Sticks	1
Cole slaw with lemon-		Milk	1
carrot dressing	12	Sliced cucumbers	1
Cocoa	3	Strawberry dessert	1
Kabobs	7	Lettuce and grapefruit	
Garlic Bread	15	salad	1
Apricots Mallows	1	Fruit salad	1

2. Name the foods which your members prepared at your meeting.

Cole Slaw with carrot-		Cowboy biscuits	1
lemon dressing	11	Coffee can cookery	3
Garlic bread	12	Cocoa	3
Red Flannel stew	13	Kabobs	7
Vegetable in foil	11	Broiled beef patties	5
Pineapple	5	Coffee	8
Oranges	5	Broiled steak	3
Barbecued Plate ribs	2	Lettuce and grapefruit	
Fresh corn in foil	3	salad	1

3. Check below how your outdoor meal rated according to basic seven.

<u>Group 1</u> Green and Yellow vegetables		<u>Group 2</u> Citrus fruit	
carrots	15	Orange	11
corn	5	grapefruit	4
cabbage	13	tomatoes	8
celery	2	lemon	1
<u>Group 3</u> Other fruits and vegetables		<u>Group 4</u> Milk	6
potatoes	14	Cheese	14
onions	15	Cocoa	3
pineapple	11		

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery (continued)

<u>Group 5</u>	Meats	10	<u>Group 6</u>	Breads	
	Barbecue ribs	2		Biscuits	2
	Steaks	2		Garlic bread	13
	Kabobs	7		Rolls	1
	Red Flannel Stew	14		Tortillas	2
	Bacon	2			
	Beans	11	<u>Group 7</u>	Margarine	14
				Butter	1

Miscellaneous Foods

Cheese cake	Jello Salad
Coffee	Cake
Ice Tea	Banana cream pie
Apricots	Green pepper
Marshmallows	Celery
Pickles	

4. Some of the comments on how your members liked the Outdoor Cookery project.

"All enjoyed the lesson and had lots of fun."

"All were interested and felt they had learned helpful new thing such as dutch oven biscuits, stew, kabobs, and salad dressing."

"Girls were thrilled to finally learn to build fires for themselves instead of always depending on husband."

"All were pleased with the foil and coffee can cookery."

"The broiled chuck steak made a big hit, because with the cheaper cut of meat one could afford more picnics with more people."

15 clubs gave us the following information on their leader's final report.

1. How many outdoor meals have been planned and served by members?

May	June	July	August	September
Total 181	Total 248	Total 299	Total 286	Total 142

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery (continued)

2. At your September meeting, find out by a showing of hands how many members used the following methods of outdoor cookery:

	Total No.
1. Barbecued ribs	81
2. Broiled steaks <u>194</u> Patties <u>180</u>	374
3. Foil Cookery	123
4. Dutch oven cookery - Red flannel stew	97
Cowboy Biscuits	29
5. Meals without utensils such as: Kabobs	39
S'mores	17

Comments:

"27 families in all used our method in Outdoor Cookery."

Silverbelles

"One member gave a demonstration on Outdoor Cookery to her neighbors."

Sew & So

From 168 individual accomplishment reports, 116 women reported 1,522 meals prepared out doors. 115 women reported they follow the Basic 7 in meal preparation. 120 women reported they watch their protein allowances.

For the past $3\frac{1}{2}$ years women in Pima County have been extremely conscious of the amount of protein needed in an individual's daily diet. Most of the nutrition projects during this period have involved protein foods. So that we might find out just how effective the teaching has been, we asked all of the women in the county to keep a record of their protein intake for 4 days. 52 women cooperated.

Results are as follows:

Number who--

1. Averaged 60 grams or more per day	39
2. Averaged 50-60 grams per day	9
3. Averaged less than 50 grams per day	4

Undoubtedly many of the women not reporting would be receiving less than the minimum protein allowance necessary for good health. However, this is an indication that women see the value of including proteins in the daily diet.

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease

The Economical Entertaining with Ease project lesson was presented by the agent at two identical leader training meetings on consecutive days. A total of 30 nutrition project leaders and 2 guests attended the two training meetings representing 15 clubs. Sunnyside leaders were unable to attend.

Four reasons were given for wanting this project included in the County program.

1. Learn how to entertain gracefully but economically.
2. Casseroles and salads for good nutrition.
3. To learn different ways of using vegetables.
4. Want to use more herbs in cooking.

This project was based primarily on food preparation, however, it seemed necessary to incorporate some of the home management principles to have a well balanced lesson.

Buffet Service is used frequently in Arizona because of the limited amount of dining space in our homes; too, we have many drop-in guests; and it seems to be a part of our informal way of life. It was mentioned that there are three types of buffet service. (1) Informal; (2) Semi-formal; (3) Formal. In most of our homes we use either Informal or Semi-Formal or a combination of the two.

It was stressed that plans should be made in advance for some places for your guests to place such things as coffee cups and water glasses. Most people prefer the use of end tables, trays, TV tables or card tables so that guests do not have to balance everything on their knees. This is one sign of a thoughtful hostess.

Appropriate menus should be planned to include mostly finger and fork foods. Certainly runny foods have no place at a buffet. Along with having nutritious food, we should be sure to include color, as well as having a variety of textures in the meal. Several menus were included in the recipe sheet given to each homemaker using some of the foods which were prepared at the training meeting. (recipe sheet attached) Menus should include foods which can be prepared in advance so that the hostess will be left free to mingle with her guests. Just before the women were divided into four work groups, we talked about some of the principles of green vegetable cookery which included the use of a small amount of water and short cooking time. All recipes were discussed.

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Agricultural Extension Service
Home Demonstration Work
County Agent Work

ECONOMICAL ENTERTAINING WITH EASE

Prepared by
Ruth Linner - Home Demonstration Agent

Helps for the Hostess

"Entertain often
Plan with care
And have the best
time of anyone there!"
...Eleanor Howe

The old West was noted for its hospitality. The new West is equally interested in entertaining its friends, although the means and methods may have changed.

The purpose of entertaining is the same now as then - to provide relaxation and enjoyment for good friends, without strain for them or for the hostess either, for that matter.

Every hostess has her own goals. Probably her chief goal is to entertain effectively with the least possible equipment, time, energy, and money. She wants to give a party without being tired, flurried, and doubtful of results.

Rigid rules could be set down, but a happy atmosphere is not built on rules. The first commandment to a hostess might well be--"Have a good time at your own party." To do this she needs to develop an attitude of confidence in herself, of ease at her job of "Hostessing" and of willingness to create hospitality regardless of limitations of time, possessions, or surroundings.

A few comments may be worth filing in your notebook. Certain housekeeping tasks, routinely done are not only good practice but take the jitters out of entertaining. A house that is "touched up" by quick methods each day is ready for drop-in visitors. Linen washed with the regular laundry, ironed and stored without wrinkling; silver in tarnish-resistant storage for daily use--these are simple examples.

To decide on a type of entertaining and to repeat that type is an easy solution. Determine this by the space in your house, the amount and kind of table service you have on hand, the size of your family, and the time you can give to hostessing. Simplicity smooths the path; at this time we are only concerned with buffet service.

LEAVE NOTHING TO CHANCE.

Successful hostesses agree that perfect results do not happen by themselves. Certain simple routines apply to any party you give:

1. Have everything so well planned that you are free during most of the party to see that your guests are comfortable, know each other, have interesting things to do, or otherwise enjoy themselves.
2. Keep in mind that guests come to parties hungry for companionship and fun, not for food.
3. Keep the party simple enough so that it will neither overwork a hostess, overtax a pocket book, hurt anyone's feelings, nor make anyone assume a burdensome debt of gratitude.
4. Develop a "pattern" for your parties and repeat it to save planning, beforehand, and time, on the day of the party.
5. Gradually acquire the equipment and accessories that will make your entertaining an easy success.

ETIQUETTE AND MANNERS

Rules of etiquette are certain things that become automatic. The casual blending of form with kindness, consideration and common sense, is the art supreme of the perfect host or hostess.

Good manners are based on kindness - the rest of etiquette is based on the convenience of form and the wish to make life interesting.

The purpose of Gracious Entertaining is threefold:

1. To make the home the center of cordial hospitality with a poised and gracious hostess.
2. To remember that health comes first in planning the menu and hour for service.
3. Include the children when entertaining whenever possible and let them share in the responsibility.

Responsibilities of the guests are 1 - respond to the hostess's requests. 2 - contribute to conversation. 3 - mingle with other people.

When planning or attending a buffet party, keep the following in mind.

1. Plan a theme for the occasion.
2. Issue informal invitations either oral or written.
3. Hostess invites guests to come to the buffet table a few at a time. Avoid a "bread line."

4. ~~Ob~~serve table setting. (Does it make a pretty picture)? And does it have a flow pattern - napkins usually indicate end of setting.
5. You may place your plate on the table in order to serve yourself more easily.
6. Other suggestions.
 1. Enjoy yourself.
 2. Remember to thank your hostess for a nice party.
 3. If you receive an invitation, answer it immediately.

MENUS FOR AN INFORMAL BUFFET

Ham Loaf with Horseradish Sauce
 Candied Sweet Potatoes - Zucchini Boats
 Hot Buttered Rolls
 Olives - Celery - Radishes
 Fruit Shortcake
 Coffee

Scalloped Potatoes with Ham (or Sausage)
 Vegetable Salad Bowl
 Buttered whole wheat Rolls - Marmalade
 Fruit Compote - Brownies
 Coffee

Italian Delight
 Caesar Salad
 Garlic French Bread
 Jellied Fruit Salad - Whipped Cream
 Coffee

Eggplant Casserole
 Stuffed Baked potatoes - Buttered Asparagus
 Cinnamon Apple Salad
 Cheese tray with crackers
 Coffee

Tomato "Poinsettias" with Chicken Salad Centers
 Scalloped Cabbage - Potato Chips
 Mixed Pickles
 Crescent Rolls
 Lemon Chiffon Pie
 Coffee

Tender Baked Ham
 Corn Tamale - Buttered Green Beans
 Red and Shite Cabbage Slaw
 Cream Puffs filled with Ice Cream
 Coffee

Hamburger Pie
 Grapefruit, Pineapple and Avocado Salad
 Hot Buttered Rolls
 Cake Squares
 Coffee

STUFFED BAKED POTATOES

Bake potatoes, cut in halves, lengthwise, scoop out inside and mash thoroughly. Beat well, adding hot milk until the mixture is soft and fluffy (1 teaspoon to 1 tablespoon for each potato). Season to taste with butter, salt and pepper. Add, if you like, grated cheese, minced green pepper sauteed in butter, minced pimiento or ham. Refill shells. Brush with butter or sprinkle with grated cheese. Bake at 450° until lightly browned (5 to 8 minutes).

ZUCCHINI BOATS

Allow 1/2 small zucchini per person. Cook 10 minutes in boiling, salted water. Drain. Cool. Cut in two, lengthwise. Scoop out pulp and chop. Add equal quantity of bread crumbs, moisten with stock, consomme, or gravy and season to taste with salt, pepper, grated cheese, minced parsley, marjoram, or thyme. Stuff zucchini with mixture; sprinkle with buttered crumbs and grated cheese. Bake at 350° until zucchini is tender (about 30 minutes).

MINT-GLAZED CARROTS

8 medium sized carrots
1/2 cup butter
1/2 cup sugar

1 Tablespoon chopped, fresh mint leaves
2 Tablespoons water
Salt and Pepper

One pound serves 3 or 4. Wash. Scrub young carrots with a stiff brush. Scrape old carrots with a wire brush, metal sponge, or with a vegetable parer. Slice carrots lengthwise, 1/4 inch thick. Cut in strips; cook until almost tender (2 to 4 minutes in pressure saucepan or 10 to 25 minutes in boiling, salted water). Drain. Add butter, water, sugar, and mint, and cook slowly until well glazed. Season with butter, salt, and pepper. 2 cups cooked peas may be added after the carrots have been glazed and before seasonings are added.

BROCCOLI

One pound serves 2 to 4. Select stalks with dark, green, tightly closed buds and short, crisp stems. Cover with cold, salted water. Soak 15 to 20 minutes. Drain. Cut off tough part of stalk, and coarse leaves. Peel stalks and slit large ones lengthwise for an inch or two so they will cook evenly. If stalks are too large for individual portions, split to make of attractive size and shape. Cook about 1 1/2 minutes in a pressure saucepan or about 15 minutes in 1/4 to 1/2 cup boiling water in a tightly covered pan. Do not over cook.

BROCCOLI WITH CHEESE

1 onion, minced
6 tablespoons butter
4 tablespoons flour
2 cups milk
1/2 teaspoon salt
1/8 teaspoon pepper

1 egg yolk
1 cup grated Parmesan cheese
2 1/2 lbs. of cooked broccoli
1/2 cup dry bread crumbs

Cook onion in 4 tablespoons butter until tender, stir in flour, add milk gradually and cook slowly until thickened, stirring constantly. Add salt, pepper, egg yolk and cheese. Pour half of sauce into greased baking dish, arrange broccoli on top of sauce, cover with remaining sauce, sprinkle with bread crumbs and dot with remaining butter. Bake in a moderate oven (350°F) about 20 minutes. Serves 6 to 8. For variation add 2 cups of chopped chicken at the same time as the broccoli. Also a 1/4 teaspoon of oregano or rosemary will give an interesting flavor.

EGGPLANT SUPREME

1 medium size eggplant
1/2 cup milk
2 eggs
Salt and pepper to taste

1/2 cup grated cheddar cheese
1/2 cup buttered bread crumbs
1 small onion, chopped fine

Pare eggplant, cut into medium size pieces. Beat eggs slightly and combine with milk. Arrange in greased baking dish, layers, of eggplant, cheese, onion, salt and pepper. Over this, pour the milk and eggs. Cover and bake 1/2 hour or until almost done. Remove cover and add buttered crumbs. Return to oven for 15 to 20 minutes or until brown.

ITALIAN DELIGHT CASSEROLE

1 lb. ground beef
1/4 cup salad oil
1 onion, chopped
1 clove garlic, minced
1 green pepper, chopped
1 8-oz can tomato sauce
1 8-oz can mushroom sauce

Salt and pepper
1/4 teaspoon crumbled dried oregano
1/4 teaspoon crumbled dried thyme
1 tablespoon Worcestershire sauce
3 oz can sliced mushrooms
1 12-oz can whole kernel corn
1 cup grated cheddar cheese

Brown meat in oil until crumbly; remove from pan. Add the onion, garlic, and green pepper to the drippings and saute until vegetables are limp. Stir in the tomato sauce, mushroom sauce, salt and pepper to taste, oregano, thyme, Worcestershire, browned meat, and liquid from the mushrooms, cover and simmer for 10 minutes. Cook spaghetti in a large amount of boiling salted water until tender but not mushy; drain. Mix the cooked spaghetti with the sauce, corn, and mushrooms in a greased casserole. Sprinkle the top with grated cheese. Bake in a moderate oven (350°) for 45 minutes in 3 quart casserole. Serves 8 - 10.

CORN TAMALE

1/2 c. Cornmeal
1 T. Baking powder
1 T. sugar
1/2 t. salt
1/2 c. grated cheese

1 No. 2 can cream style corn
1 c. milk
1 egg beaten slightly
1 small can ripe olives
1 T. butter

Mix well and bake at 350° for one hour.

HAMBURGER PIE

1 lb. ground beef
2 tablespoons fat
1 medium onion, chopped
1 teaspoon salt
1/8 teaspoon pepper
2 1/2 cups cooked green beans

1 can tomato soup
3 1/2 cups hot mashed potatoes
1/2 cup hot milk
1 egg, beaten
1 teaspoon salt
1/8 teaspoon pepper

Brown the meat in the hot fat. Add the onion and cook until it is golden. Season with salt and pepper. Add the green beans and tomato soup. Pour the mixture into a greased 2-quart casserole. Whip the hot mashed potatoes with the milk, beaten egg, and seasonings. Spread the potatoes over the meat mixture. Bake at 350° F for 35 minutes. Garnish with parsley. Serves 6. Multiply recipe for the number to be served.

CAESAR SALAD

1/3 cup salad oil	Lemon juice to taste
1/3 cup garlic oil	1 one-minute egg
1/3 cup wine vinegar	1/4 to 1/2 cup Parmesan or
1/2 tsp. mustard	Roquefort cheese
1 tsp. Worcestershire sauce	1 cup crutons
1/2 tsp. salt	mixed greens, such as
1/2 tsp. pepper	lettuce, endive, romaine

1. Make garlic oil by soaking 2 or 3 garlic cloves cut up in salad oil. Mellow for 1 week, if possible.
2. To make a dressing, take equal parts of garlic oil, salad oil, and wine vinegar.
3. Add mustard, Worcestershire sauce, salt, pepper and lemon juice.
4. Break a one-minute egg into dressing. Shake well. Chill.
5. While dressing is chilling - - - break greens into bowl.
6. Cut bread heel into little squares, dip squares in garlic oil. Brown in oven or skillet at low temperature.
7. Sprinkle cheese liberally on greens.
8. Just before serving, pour dressing over greens and cheese in bowl. Toss lightly. Add crutons and toss lightly. Makes 6 servings.

SPICED PEACHES

1 No. 2 1/2 can peach halves
1 T. vinegar
1 to 2 sticks cinnamon
1 tsp. whole cloves

Combine ingredients in sauce pan; heat to boiling; simmer 5 minutes. Chill. Drain before serving. Stud with whole cloves.

SOUR CREAM MUSHROOM SAUCE

Yes, it's wonderful! Try this sauce with fried chicken too--

1/2 lb. fresh mushrooms, cut in half	2 T. flour
1/4 cup minced onion	1/2 cup heavy cream
2 T. butter	1/2 cup sour cream
1/2 tsp. pepper	1/2 tsp. salt

Brown mushrooms and onion slightly in butter; cover and cook 10 minutes. Stir in flour. Add heavy cream, sour cream and seasonings. Heat slowly, stirring constantly, almost to boiling point. Makes about 1 1/2 cups.

HERB BREAD

Cut loaf of french bread diagonally into thick or thin slices but without cutting all the way through. Spread herb butter between the slices. Wrap in aluminum foil. Heat in 400° oven. Serve very hot.

HERB BUTTER

1/4 cup butter, softened
1/4 teaspoon garlic salt
1/8 teaspoon pepper
2 teaspoons parsley, chopped fine

2 teaspoons lemon juice
1 teaspoon dried thyme or marjoram
1 teaspoon dried basil

Combine all ingredients but the lemon juice. Add lemon juice slowly while blending.

CREAM PUFFS

1/2 cup butter, margarine, or shortening
1/8 teaspoon salt
1 cup boiling water
1 cup sifted flour
4 eggs, unbeaten

Add shortening and salt to boiling water and stir over medium heat until mixture boils. Lower heat; add flour all at once and stir vigorously until mixture leaves the sides of pan. Remove from heat and let stand 5 minutes. Add 1 egg at a time, beating thoroughly after each addition. Mixture should be very stiff. Arrange by spoonfuls, 2 inches apart, on a buttered cooking sheet. Bake at 375° until there are no beads of moisture on puffs (40 minutes for large puffs). If puffs are not baked long enough they will fall and be soft rather than crisp. Test by taking one out of the oven. If it does not flatten down, puffs are done. Cool. Fill with ice cream, whipped cream, or any cream filling. Makes 12-14 large puffs or 30 small puffs.

PEPPERMINT CANDY SAUCE

1 1/2 cups coarsely chopped peppermint stick candy
1/2 cup water

Place candy and water in small saucepan. Cover. Bring to boil on Hi. Switch to Lo. Continue cooking until candy is melted and mixture thickens slightly (10-15 minutes). Remove from heat. Cool slightly then chill until mixture thickens.

2 T. coarsely chopped peppermint candy

Add candy and serve. Makes 7/8 cup.

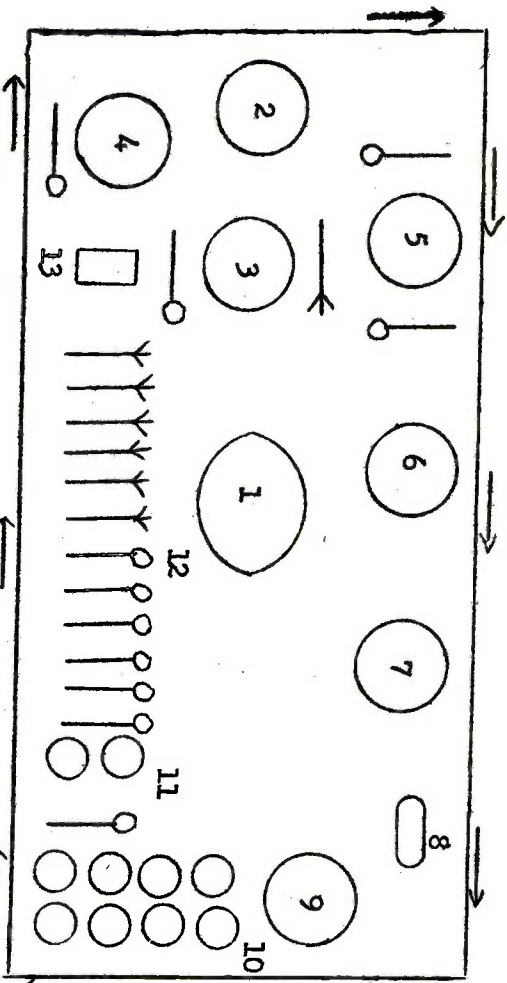
HOT SPICED TEA

Spicy aroma combines with a tang. Perfect for a buffet supper on a chilly evening.

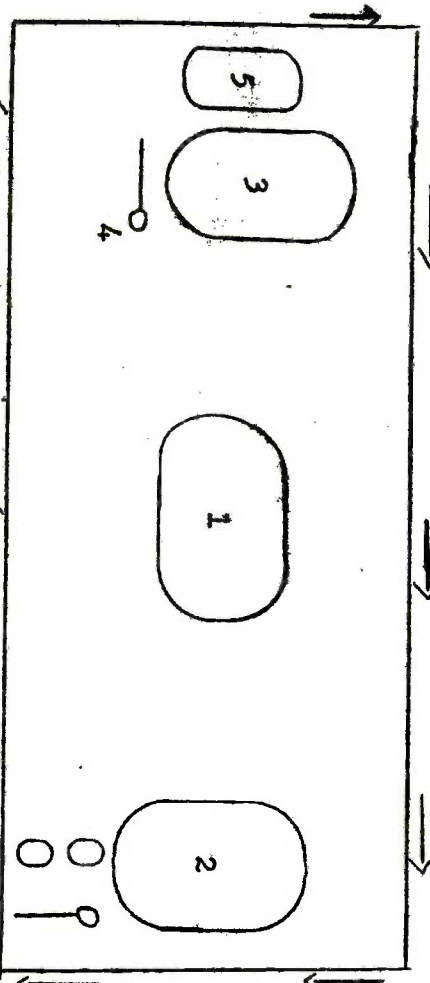
1. tsp. whole cloves
1 tsp. cinnamon
1 tsp. nutmeg
1/2 cup tea leaves
3 qts. water

1 1/2 to 2 1/2 cups sugar
Juice of 3 oranges
Juice of 3 lemons
Peel from one orange
Peel from one lemon

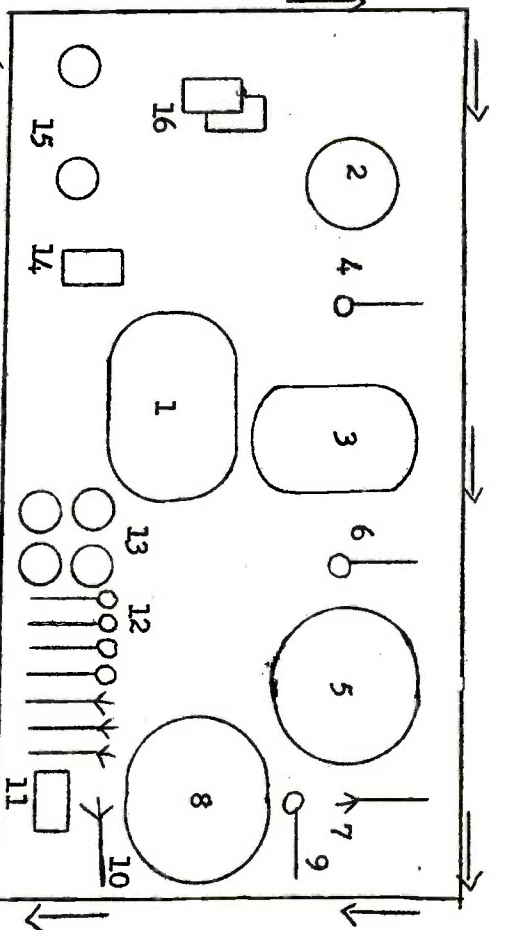
Tie spices and tea loosely in 3 layers of cheese cloth; add to water and sugar; simmer 10 minutes. Remove cheese cloth bag. Add fruit juices and peels (ungrated) to hot mixture. Let stand several hours or overnight. Right before serving, heat and strain. Makes about 20-25 servings.



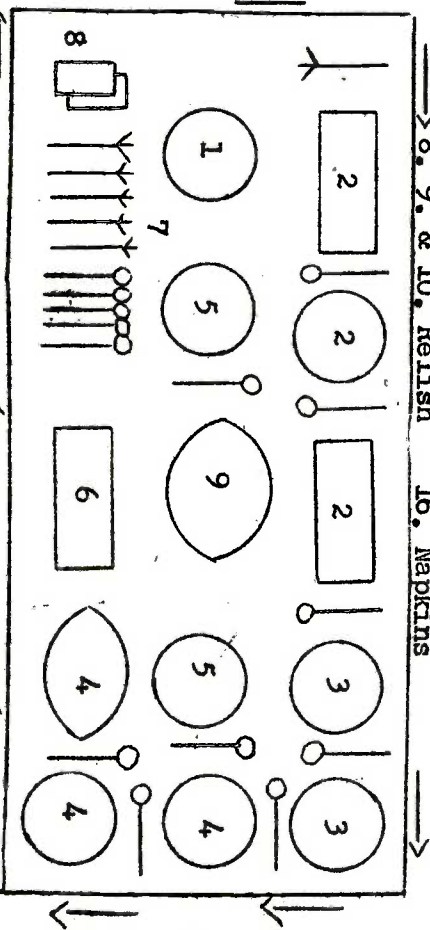
1. Centerpiece
2. Plates
3. Main dish
4. Vegetable
5. Bravy
6. Vegetable
7. Rolls
8. Relish plate
9. Coffee service
10. Cups
11. Cream and sugar
12. Silver
13. Napkins



1. Centerpiece
2. Coffee service
3. Dessert
4. Serving silver
5. Dessert plates



1. Centerpiece
2. Plates
3. & 4. Hot dish and silver for serving
5. & 6. & 7. Salad and silver for serving
8. & 9. & 10. Relish
11. Buttered rolls or sandwiches
12. Silver for service
13. Cups
14. Beverage
15. Sugar and cream
16. Napkins



1. Dinner plates
2. Main dishes
3. Vegetables
4. Balads
5. Assorted relishes
6. Sandwiches or rolls
7. Silver
8. Napkins
9. Center-piece

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease (continued)

It was pointed out that most of the casserole dishes called for vegetables which would give the homemaker different ways of serving vegetables to her family as well as to her guests.

Food prepared were as follows:

- | | |
|---------------------------|----------------------|
| 1. Stuffed Baked Potatoes | 7. Corn Tamale |
| 2. Zucchini Boats | 8. Hamburger Pie |
| 3. Mint Glazed Carrots | 9. Herb Bread |
| 4. Broccoli with Cheese | 10. Cream Puffs with |
| 5. Eggplant Supreme | Peppermint Sauce |
| 6. Italian Delight | 11. Fruit Compote |

Each group of four women prepared three different foods. The cream puffs caused the most comment. It so happened at each meeting there were three women, who had never made cream puffs or had never been successful in their attempt, volunteered to try their hand. All agreed that this was an easy dessert which could be made ahead of time and forgotten. The other two dishes which were most popular with the women were Zucchini Boats and Broccoli with Cheese.

Herbs were used in five dishes prepared. It was emphasized that usually only one dish containing herbs would be served at one meal. Herbs should be used in small amounts to give just a trace of flavor; herbs give a fresh sparkle to the family's favorite dishes when used subtly. While the Casseroles and other foods were in the oven, the group reconvened for a discussion of Table Arrangements and Centerpieces and Etiquette and Manners. Attached to the back of the recipe sheet were four diagrams which were discussed, showing accepted placement of service and food for ease of serving and having a flow pattern.

Rules of etiquette should not be too rigid, but should be based on kindness, consideration and common sense. Etiquette should become automatic so that the hostess may be hospitable and enjoy her entertaining as much as the guest who accepts the rules of etiquette in the same light. One of the rules of etiquette stressed was that the hostess should invite her guests to the buffet table in small groups of three to five. This avoids the "head line" and allows each guest to take his time in serving himself and to enjoy the beauty of the buffet table.

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease (continued)

All too frequently guests forget they, too, have responsibilities. The three we talked about were:

1. Respond to hostess's requests.
2. Contribute to conversation.
3. Mingle with other guests.

Children in the family should be included when entertaining, as youngsters of all ages are capable of having a responsibility whether it be placing the ash trays, answering the door, helping in the kitchen or serving at the table. Good manners taught children helps make good etiquette automatic as an adult.

For our luncheon two of the leaders arranged the food and service on the table, while a third leader volunteered to be the hostess.

Following the meal, we discussed how we could plan our entertaining so that we, as hostesses, could enjoy it more. As we have learned in previous time management lessons, some sort of a time schedule is important to help us accomplish the most with the least effort. Planning our household tasks such as washing windows, cleaning house, cleaning silver, care of linens, preparation of food, etc. can make our entertaining much more enjoyable. Plan what can be done weekly or monthly, day or evening, morning and afternoon of party. An hour before serving, a half hour before serving.

Occasionally we plan to entertain several sets of friends over a period of a few weeks. Why not plan one party that can be repeated. This will save much time and energy. One problem most homemakers have is having the equipment and accessories needed. We stressed accumulation of these items most often used and needed over a period of time to prevent strain on pocketbook and nerves.

Simplicity should be the key note of informal entertaining so that it neither over taxes the hostess or her pocketbook. Always remember--guests come to parties hungry for companionship and fun, not for food alone.

Our meeting ended with a discussion of the foods prepared and their place in the basic seven chart to give us nutritious, well balanced meals.

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease (continued)

Time was allotted for the project leaders to plan how this lesson could be presented to their own individual club.

This lesson was presented to 16 clubs during the month of November with 254 women attending. 10 clubs have reported the following taught at their meetings.

At your club meeting did you discuss--

- | | | |
|-------------------------------------|--------|------|
| 1. Arrangement for buffet service | Yes 9 | No 1 |
| 2. Etiquette for hostess and guests | Yes 10 | No |

Check those foods prepared:

Stuffed Baked Potatoes	1	Corn Tamale	8
Zucchini Boats	7	Hamburger Pie	6
Mint-Glazed carrots	7	Caesar Salad	6
Broccoli	1	Herb Bread	9
Broccoli with Cheese	5	Cream Puffs	9
Eggplant Supreme	3	Fruit Compote	2
Italian Delight Casserole	5		

From the 168 individual accomplishment reports, we found that 117 women had prepared 4,482 casserole dishes in 1955.

A more complete summary of the results of this lesson will be given in the 1956 Annual Report as they are not available at this time.

FOOD SELECTION AND PREPARATION (continued)

Demonstrations - Ranch School

A demonstration on Beef Stew was presented by the Agent at a luncheon for the Arizona Cattle Growers and their wives who were attending a Ranch School on the University campus.

Two conferences were held with Mr. Al Lane to determine just how the demonstration would be presented so that it would be of interest to both men and women. Approximately 275 people were present.

The points stressed were:

1. Browning the meat in suet fat at a low temperature which keeps the connective tissue from becoming tough.
2. Use a small amount of moisture and cook in a container which has a tight fitting lid.
3. Glamorize the stew by having variety in the vegetables; cut vegetables on the diagonal or use a serrated edge cutter, and by the addition of herbs such as oregano and rosemary to give a subtle interesting flavor.

Those attending the luncheon were served stew made exactly as was demonstrated. Recipes for family portions and quantity portions were printed on file size cards and distributed to the cattle people.

FOOD SELECTION AND PREPARATION (continued)

Demonstrations (continued)

State Fair - Two Homemaker Clubs from the county volunteered to give demonstrations at the State Fair. The Sagebrush club demonstrated "Arizona Christmas Sweets" on Sunday, while on Thursday the Mission Maids showed how they make "Fancy Sandwiches." The foods prepared were served to capacity crowds. The facilities for giving such demonstrations were excellent. The women thoroughly enjoyed their experience and are anxious to go again next year.

FOOD SELECTION AND PREPARATION (continued)

Demonstrations (continued)

Miscellaneous Reports - 77 women out of 168 reported they gave 789 gifts from their kitchens in 1955. 97 also reported that they use powdered milk in the home.

HEALTH AND SAFETY

First Aid

A leader training meeting was conducted on First Aid by Miss Mary Wagner, Public School Nurse. Twenty project leaders plus one guest attended. The guest was Miss Sutin Tuntintechara of Thisland who is in out country on a Y.W.C.A. fellowship. She is a school teacher in Thisland and was very much interested in Extension's approach to their educational problem.

The purpose of the meeting was to give homemakers basic every day information on First Aid.

"First aid is emergency treatment given before the doctor arrives to people who are seriously hurt or become sick; it is also the immediate care of slight injuries."

Major phases of first aid which were discussed were wounds, bleeding shock, unconsciousness, fractures, sprains, bites, blisters, burns, eye, ear and nose injuries and antidotes.

Considerable time was spent on locating the six pressure points for stopping arterial bleeding. The women were discouraged from using tourniquets to stop this type of bleeding as there is great danger in cutting off the blood supply if the tourniquet is not released every 10 or 15 minutes.

Care of head injuries was stressed because all too frequently when a youngster gets a bump on the head it is passed over lightly. The biggest danger is slow bleeding, causing pressure on the brain. It is best to have the person lie quietly for one hour. If they have a severe bump, apply cold compresses to coagulate the blood.

Cleansing wounds is extremely important to prevent infection from setting in. Miss Wagner thought peroxide was especially good for using on youngsters as they are fascinated by the foam and tend to forget the hurt.

All mothers were encouraged to tell the teacher, 4-H Club leader, etc. if their youngsters were subject to anything like fainting, epileptic seizures or were a diabetic so that they could receive the proper care when needed. Also, by doing this, a child is not ashamed in front of his teachers and playmates.

HEALTH AND SAFETY (continued)

First Aid (continued)

All too frequently youngsters swallow poisons accidentally. Every person should know that an acid should be neutralized by an alkali and vice versa. Other poisons should be followed by a large amount of fluid to dilute the poison.

The six survival secrets for atomic attack were mentioned. Even though we feel pretty safe from such attacks, everyone should be prepared. It was suggested that all project leaders contact the local Civil Defense office for more details to give their club members.

All of the leaders learned how to take a temperature properly and accurately. For anyone purchasing a new thermometer it was suggested that they might like the newer type which has a ball on the end. The reason being their is less chance of breaking the point. In addition to taking each other's temperature, we all learned how to apply a 3-cornered sling properly.

Miss Wagner gave the women a basic list of supplies that every home should have in a first aid kit. She also showed various types of band aids, bandages, ice caps and sterile supplies. The newest item to the women was the elasticized bandage and tape.

In the discussion following the lesson the project leaders exchanged ideas on how they planned to present the project to their individual clubs. One leaders suggestion was a club first aid kit which would be available for everyone in their immediate community. Another club planned to stress civil defense because they live close to the aircraft plants. At least one club will encourage keeping a kit in the car. All clubs will encourage their members to have an adequate first aid kit in their homes.

Two books were recommended as excellent additions to the family library on first aid. "Baby and Child Care" by Dr. Spock and "First Aid" by the American Red Cross.

Attached is a copy of the printed material which was distributed to the homemakers clubs.

Fourteen meetings were held by 24 project leaders with 242 women in attendance.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

Ruth Linner, Home Demonstration Agent

Prepared By
Mary Wagner, School Nurse

FIRST AID

First aid is emergency treatment given before the doctor arrives to people who are seriously hurt or become sick, it is also the immediate care of slight injuries.

Handle the patient in a cool, calm manner. Reassure him that things will be taken care of.

Never treat an open wound while the person is in a standing position. Insist that he be seated or lying down. (Prevents injury from possible fainting.)

WOUNDS

A wound is an opening, made in the body surface through which the blood may escape, such as a cut from a knife or a knee scraped in falling. All wounds are dangerous. A prick from a pin may be slower in its effect but just as serious in the end as a cut which severs an artery.

Simple Wounds: Cleanse area with a solution of green soap and water. Paint wound with zephiran chloride, merthiolate or peroxide. Apply dressing.

Deep Cuts: Control bleeding with pressure, using steripads. Pressure bandage or elevation of part may be necessary. Arrange for medical care.

BLEEDING

Arterial bleeding is bleeding from an artery. It comes in spurts and can be controlled by pressure which must be applied instantly, by pressing the artery against the bone at a point between the heart and the wound.

Venous bleeding flows in a steady stream, is darker in color than blood from an artery. It is controlled with very little pressure at a point near wound away from heart.

SHOCK

Shock is a sudden let-down or depression of the nervous system -- the senses are dulled, the heart beat is weak but fast, the breathing is irregular, the face and hands become very pale and covered with cold sweat -- the patient may be unconscious. It is a condition brought about by violent injury or strong emotions. It is dangerous to a great degree and many people die as a result of it.

1. Keep warm, apply external heat cautiously.
2. Keep head slightly lower than feet unless there is difficulty in breathing.
3. Give nothing by mouth.
4. Keep lying level if the cause is a head injury. Arrange for medical care immediately.

UNCONSCIOUSNESS

A. Diabetes:

1. If unconscious, arrange first for an ambulance to take to nearest hospital.
2. If ill but still conscious give a glass or more of orange juice.

B. Epileptic Seizure:

1. Let person lie where he falls. Prevent him from injuring himself. Padded tongue blade between teeth prevents his biting his tongue; protect head with soft cloths, coat etc. Do not restrain.

C. Fainting:

1. Keep prone or sitting up with head lower than body.
2. Aromatic Ammonia Ampulets to nose. Keep warm, loosen clothing.

D. Unconsciousness from Head Injury or other cause:

1. Keep absolutely quiet, lying down. Don't move unless absolutely necessary, then by stretcher only. Leave at spot where accident occurred if possible.
2. Apply cold compresses to injured area and keep patient warm.
3. If unconscious more than 5 minutes, get to nearest hospital by ambulance.
4. If only severely dazed and not unconscious, move to bed by stretcher.
5. If unconscious from heat stroke call ambulance at once.

FRACTURES

1. Keep part in a quiet comfortable position and arrange for medical care.
2. Apply splint before moving.
3. If bleeding is present, control same through pressure over wound with a sterile dressing. Keep warm and do not move unless necessary until nurse, doctor, or ambulance arrives.

A simple fracture is a break in the bone.

A compound fracture is a broken bone and there is also a wound from the break through the surface of the skin.

SPRAINS OR STRAINS

1. Make comfortable.
2. Cold compresses or elevation of part may relieve pain.

BITES

1. For a scorpion sting, immerse the part in ice cold water.
2. Black widow spiders, call doctor at once. Hot, wet applications if cramps in abdomen, legs or anywhere.
3. Other bites are rarely serious but local part should be treated with local application of baking soda solution to control itching.
4. Snake bite, take to nearest hospital at once. Try to identify snake if you can't kill it. You may pack the bitten part in ice for not more than 30 minutes.
5. Animal bites (dog, cat, gopher, mice, rats, squirrels, monkeys, parakets, parrots, horses and etc.) treat same as a simple wound. Use lots of water in washing. Medical care and reporting to the Public Health Dept. are of great importance in the control program.

BLISTERS

1. Protect with dressing.
2. Never open.
3. For an open blister, cleanse, apply zephiran chloride or merthiolate, and sterile bandage.
4. Remove cause of blister (such as shoes).

BOILS

1. Cover with a bandage. Do not squeeze. Treat with hot soaks or ointment.

BRUISES

1. Cleanse if wound is open. Apply sterile dressing.
2. Apply cold compresses or ice bag.

BURNS

1. Do not open blisters.
2. Apply sterile (tube) vaseline, on sterile dressing.
3. If severely burned, keep lying down, covered with a blanket and arrange for medical care.

CHEMICAL BURNS

1. Wash immediately with quantities of water.
2. If acid, apply bicarbonate of soda solution.
3. If alkali, use a weak vinegar solution.

INFECTIONS

1. Hot wet dressings.
2. If severe arrange medical care.

SPLINTERS

1. Do not attempt to remove unless they are small and superficial.
2. Cleanse part, remove splinter, and treat as a simple wound.

SIMPLE WOUNDS

1. Cleanse area with solution of green soap and water.
2. Paint wound with zephrian chloride, merthiolate or peroxide.
3. Apply dressing.

ASTHMATIC ATTACK

1. Rest propped up.
2. If symptoms persist call doctor.

HEADACHE

1. Rest with eyes closed for 15 minutes. May use cold cloth to eyes.
2. Check temperature.

HEAT PROSTRATION (pale, profuse sweating, faint)

1. If conscious give 1 teaspoonful of salt and 1/2 teaspoonful of baking soda in 1 quart of water.
2. If worse call doctor or take to nearest hospital.

EARACHE

1. Hot water bottle.

DRAINING EAR

1. See a doctor.

FOREIGN BODY IN EAR OR NOSE

1. Take to doctor.

FOREIGN BODY IN EYE

1. Cover, do not rub.
2. Take to doctor.

COLD SORES

1. Use Camphor Ice.

SORE THROAT

1. Keep at home, in bed and urge fluids.
2. If it persists, call doctor.
3. Watch for rash.

TOOTHACHE

1. Cleanse cavity with applicator and treat with oil of cloves
2. See dentist.

NOSE BLEED

1. Apply cold compresses (ice if available) to back of neck and nose.
2. Keep in a sitting position.
3. If bleeding is profuse or persistent, try pressure on sides of nose. May be necessary to take to doctor.

EYE INJURY

1. Apply cold compresses to ease the pain.
2. May need immediate medical attention, especially if bleeding, or if eyeball has received a severe blow.

STYES

1. Hot wet compresses may be used to ease the pain.
2. Medical attention needed if frequent.

POISONS TAKEN INTERNALLY

Acid and alkali poison -- do not give an emetic (to produce vomiting). This is to avoid the danger of perforation.

Acid: Neutralize with an alkali, such as magnesia, chalk, sodium bicarbonate (baking soda), or lime water.
Give milk, olive oil or egg white. Keep patient warm.

Alkalies: Neutralize with weak acid such as lemon juice or vinegar. Give milk. Keep warm.

Other Poisons: Dilute with large amount of fluid. Wash out by inducing vomiting repeatedly until the fluid is as clear as when it was swallowed.

Control shock if present..

Apply external heat.

Call doctor immediately..

SIX SERVIVAL SECRETS FOR ATOMIC ATTACKS

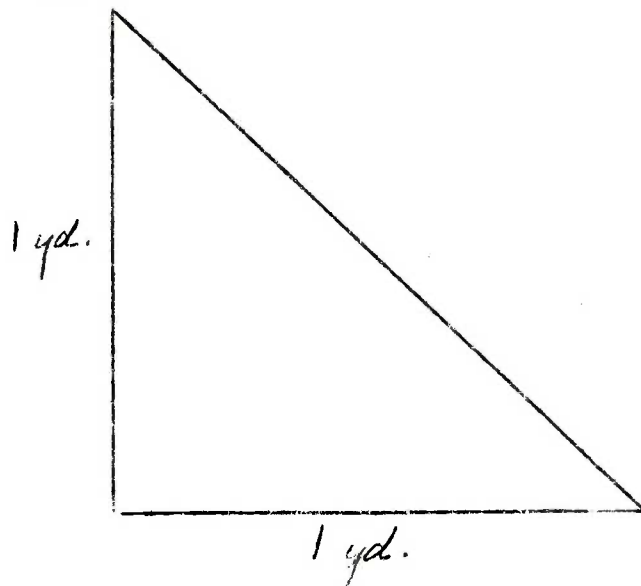
Always put first things first.

1. Try to get shielded.
2. Drop flat on ground or floor.
3. Bury your face in your arms.
4. Don't rush outside right after bombing.
5. Don't take chances with food or water in open containers.
6. Don't start rumors, a single rumor may touch off a panic.

SUPPLIES

1. Band aids
2. Ice cap (may use plastic bag)
3. Hot water bottle (may use flat glass bottle)
- * 4. Thermometer
5. Enema equipment
6. Sterile cotton
7. Zephiran chloride or merthiolate
8. Peroxide
9. Steripads
10. Sterile vaseline
11. Aromatic spirits of ammonia
12. Assorted sterile bandages
13. Roll of adhesive tape
- * 14. Triangular bandages
15. Baking soda
16. Vinegar

* Bring to class.



HEALTH AND SAFETY (continued)

First Aid (continued)

In addition to the general discussion in the Government Heights Club, a demonstration on making an arm sling was given. The project leaders also lead a discussion on civil defense.

The Belles of the Mission project leaders talked with their local druggist who donated samples of a universal antidote for poisonings. As a result of the meeting, 8 members of the club have purchased the Red Cross First Aid Book for their own use at home. A community First Aid Kit is being assembled and will be kept at the President's home. Nine members of the club are doing voluntary Red Cross Work. Since this group is located near the aircraft plants, they are extremely concerned with civil defense. As a result of the discussion had by the project leaders, the club decided to sponsor a Community Meeting on Civil Defense.

The leader's reports give the following information regarding the presentation of the lesson in individual clubs.

Phases of Lesson Discussed.

1. Wounds	8
2. Bleeding	8
3. Uncounciousness	9
4. Fractures and Sprains	9
5. Bites	7
6. Blisters and Burns	8
7. Eye, Ear, and Nose Injuries	8
8. First Aid Kits	9
9. Taking Temperatures	9
10. Survival Secrets for Atomic Attack	6

Others:

Handy "First Aids" available when away from regular items	1
Red Cross 1st Aid Book	1
Poisons	2
Bandages	2

Improved First Aid Practices.

1. No. of First Aid Kits in member's homes before this lesson.	42
2. No. of First Aid Kits in member's homes after the lesson.	96
3. No. who learned the vital pressure points.	78
4. No. who learned how to take temperatures correctly	85

HEALTH AND SAFETY (continued)

First Aid (continued)

Others:

Encourage First Aid Kits in cars at all times.	1
Convinced two members to take First Aid Course.	1

Comments by leaders:

"Because of our isolation, the lesson was of definite interest."
Silverbelles

"I feel we received a good review of first aid do's and don't's. Members attending showed interest and entered into the discussion."
Stitch & Chatter

"Many members learned proper methods of first aid, which were very much in contrast to what they had believed and practiced."
House & Buggy

The following First Aid practices were reported as being practiced in the home:

Treatment of burns, cuts, bruises and other minor injuries.	3
Safety Conscious.	2
First aid kit in the kitchen.	4
First aid kit in the car.	9
Having medicine out of a child's reach.	2
Have poison antidote on hand.	3
Bought peroxide for First aid kit.	1
Cleanliness.	1
Tincture of green soap.	1
Take temperature at first sign of illness.	1
Always check bottle before taking medicine.	1
Used mimeographed material and keep it in medicine chest.	33

HEALTH AND SAFETY (continued)

Civil Defense

The Belles of the Mission took on a very worthwhile project for their community--a Civil Defense Meeting. Mission Manor and Sunnyside are both close to the aircraft plants, therefore a real need exists for the people in the community to know more about protecting themselves in case of an emergency. All members of the club participated in the planning and publicity for the meeting. The members appeared on five TV shows, two radio programs and received coverage in the news broadcasts on four radio stations, four newspapers and a school bulletin. Attached to this report is a copy of the letter sent to all the organizations in the community and the program.

This group is to be commended for their project even though the total attendance was only 65.

Dear _____

The Belles of the Mission Homemakers group is planning a program to inform the residents of this area of the importance of Civil Defense. This program will be held at Sunnyside Auditorium Tuesday evening March 29, at eight p. m.

This instructive evening will include films, speakers and an open forum session.

There is no admission charge and everyone is urged to attend. Would you inform your particular group or organization concerning this matter? Thank you.

As Philip Kylie says in his book Tomorrow, "Some of us tried to swap freedom for security; the rest of us went on fighting for freedom as usual."

Sincerely yours,


Publicity Chairman

PROGRAM

Civil Defense- Its purpose and aims and actual local operations.

by Robert Ambrose

Alternate chief of Civil Defense and former instructor at Carnegie Tech.

Survival Film.

Capt. Price of Ground Observers Corps and filter center.

"Rescue" film.

"Are you safe at home"?

by Sterling May
Chief of Rescue

Warden Service, the home protection exercise.

by Dave Hendrickson
Organizer of the warden training program.

FAMILY ECONOMICS & HOME MANAGEMENT

Brush Up on House Cleaning

A Leader Training Meeting, "Brush Up on House Cleaning," was conducted by the agent for 30 project leaders representing 15 homemaker clubs. Miss Grace Ryan, Home Management Specialist, spent one day in giving much valuable assistance in preparing material for the lesson.

The subject matter was limited to cleaning hard surfaces, such as hardwood, asphalt and rubber tile, linoleum and cement floors; painted and papered walls, woodwork, porcelain kitchen and bathroom fixtures; aluminum and copper pans and counter tops.

The value of each homemaker having some type of cleaning basket to carry her cleaning supplies and tools from room to room to save time and energy was stressed. It was pointed out that each women should select only these supplies and tools which she needs for her basket. We discussed various cleaning tools, mechanical supplies (such as sponges, brushes, mops, dust cloths) and chemical supplies (such as waxes and cleaners).

A rather lengthy discussion was held on the composition of the various surfaces, particularly in relation to these surfaces that are soluble in some chemical cleaning supplies. An example would be asphalt and rubber tile floors which are softened by oil and greases. Therefore, paste wax and oil base liquid wax should not be used on these types of floors. Many of the powdered and liquid caustics will remove the paint from walls and woodwork, especially if used in excess strength.

So that the women could actively participate in the lesson, six experiments were done. The large group was divided in smaller groups of five members each.

Experiment 1. Effect of waxes on rubber and asphalt tile.

Small samples of rubber and asphalt tile were available on which the women tested the water base wax, oil base wax and paste wax. In the time available, the oil base and paste wax did not show softening of the tile. Another time samples should be done ahead of the meeting to show the result.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

Experiment 2. Testing scouring powders.

Four different scouring powders were tested by placing 1/4 tea-spoon powder between 2 micro glasses. The glasses were moved with hard pressure and watched for scratches. The results were as anticipated. Very enlightening demonstration for the women.

Experiment 3. Cleaning wall paper.

The women attempted to remove grease and crayola spots with commercial wall paper cleaner dough and a home-made dough. Cleaning solvent was also used. The cleaners worked very well for just soiled wall paper, but the grease spot was not satisfactorily removed.

Only two women attending the training meeting had wall paper in their homes. This will probably not be discussed at any length in the local club meetings.

Experiment 4. Making and using a glass cleaner.

The recipe for this cleaner is in the recipe sheet attached to this report. The women were particularly interested in what a good job the home-made cleaner did and how inexpensive it was compared to the commercial product.

Experiment 5. Home-made Cleaners

This group made soap jelly, woodwork cleaner and bowl cleaner. From the soap jelly, they whipped some to make soap foam. This soap foam was compared with commercial foam on a blotter. The soap foam did not leave much moisture on the blotter whereas the commercial cleaner disintegrated rapidly, leaving a moist spot on the blotter. The purpose of this experiment was to show the women good but inexpensive cleaners.

Experiment 6. Do cleaners "bite" your hands?

Eight caustic cleaners, both powder and liquid, were tested for free alkali with litmus paper. The women then placed the cleaners

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
TUCSON

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

Agricultural Extension Service

"MAKE IT YOURSELF" CLEANERS

Compiled by Grace Ryan and Ruth Linner

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* * * * *
*
*           TAKE CARE OF YOUR HANDS
*
*           Hand Lotion
*
*       3½ cups distilled water, or water that has been boiled
*           for ten minutes
*       3 oz. Glycerine
*       3 oz. Bay rum
*       1/4 oz. Gum of Tragacanth
*       1/4 oz. Benzoin (optional - for healing)
*
*       Soak the gum of tragacanth over night in distilled water.
*       Strain and beat with a Dover egg beater. Add glycerine and
*       bay rum and mix well with egg beater. Pour in sterilized
*       bottles and cork.
*
* * * * *

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WALLS AND WOODWORK

PAINTED WALLS

These mixtures will not yellow walls that are painted white or ivory.

Mild Solution (for little soiled walls)

2 tablespoons mild soap powder

1 quart warm water

2 tablespoons turpentine

Mix together and stir rapidly. Apply with a sponge. Rinse with clear water.

Medium Strength Solution (for walls with considerable soil)

2 tablespoons mild soap powder

1 quart warm water

1 tablespoon ammonia (household)

Mix and apply as above.

HM-159

1/55

cc:300

Strong Solution (for walls with heavy films of grease and dirt)

- 1 cup soda solution (made by putting 1# sal soda in 1 qt. water)
- 1 cup ammonia (household)
- 1 cup vinegar
- 1 gallon water

Mix and apply as above.

Another good soap solution is made by adding 2 cups soap flakes and 1 tablespoon kerosene to 1 gallon water. Wash with even strokes. Rinse and wipe dry.

WALLPAPER DOUGH

A good wallpaper cleaner may be made with the following recipe:

- 1 cup flour
- 1/2 cup water
- 2 teaspoons vinegar
- 1 tablespoon salt

Boil until the mixture forms a hard ball. After mixture is cooked, add 2 tablespoons kerosene.

Brush down walls with cloth bag over broom. Begin at top of room to clean. Rub down gently with the dough ball and knead in the dirt as you work. Dust off crumbs with soft clean cloth. Be sure that strokes overlap to avoid streaks.

GLASS

Glass surfaces need no special expensive cleaners. A lintless cloth used with one of the following formulas will do a good job. If you wish to make a "creamy" cleaner, use the kerosene-water mixture and thicken to a creamy consistency by adding 1/4 cup whiting and 1 tablespoon soap jelly to each quart of water. The whiting prevents the soap from streaking.

- 2 tablespoons kerosene to 4 qts. of warm water.
- 1/2 cup denatured alcohol to 4 qts. of warm water.
- 1/4 cup household ammonia to 4 qts. of warm water.

WINDOW SHADES

Use soap foam for cleaning shades. Wipe both sides with a damp cloth and a small amount of lather. Rinse with a damp cloth and softened water.

METALS

Monel

For regular care, wash with hot soapy water. Rinse well, and polish with soft dry cloth. Other household detergents may be used in place of soap.

Nickel

For regular care, wash with hot water and soap or other detergent. Rinse with clear hot water.

To polish, apply a paste of fine abrasive, such as powdered whiting in water, ammonia, or alcohol. Let dry, then polish with a soft dry cloth.

Caution:

Avoid harsh abrasives which may destroy the nickel plating and expose the bare metal.

Plumbing Fixtures

If corroded, apply a mixture of 1 part oxalic acid and 3 parts whiting. Moisten with water to make a creamy paste. Wash with soap and water. Dry well.

PORCELAIN ENAMEL

Bathtub, Sink, Washbowl

Wash in soap and water or use whiting. To remove stains of iron rust use dilute oxalic and wash in soap and water. For other stains use kerosene, wash in soap and water.

BASIC CLEANING FORMULAS

Soap Jelly

1 cup mild soap flakes

4 cups boiling water

Dissolve the flakes and let mixture set until jelled. This is a foundation for many cleaners.

Soap Foam

Beat the jelled soap with an egg beater or mixer until a stiff DRY lather is formed.

Note:

In using either the jelly or foam always rinse the surface carefully with softened water. Use as little water as possible in rinsing, but do the job thoroughly.

Acknowledgments: Louisiana - Cleaning Walls and Windows, H.S. #6
F. B. #1834 - House Cleaning Made Easier
New Hampshire - Slick Tricks in Cleaning, Ext. Cir. #286
Cornell - Household Cleaning, Ext. Bulletin #790

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

in the order of which would do the heaviest job. This explained to the group why we should chose the right cleaner for the job rather than one cleaner for all jobs.

Various cleaning problems were discussed and the solutions for each given where possible. This phase of the lesson was done by having the women list their problems on a form provided by our office and then put the solution for their problems in a separate column. The problems and solutions could have been handed out in printed form but would not have been so effective. The women learned a great deal by this participation.

A hand lotion recipe was given for those who might like to make their own. Each leader was given a sample of the lotion made by the agent prior to the meeting.

Miscellaneous cleaning aids were given for stoves, refrigerators and shower stalls. The women were taught how to make and store dustless dustcloths.

In this type of lesson, the women enjoy telling of their cleaning experiences and passing along information which other might use. Two publications were suggested as further reference material - U.S.D.A. bulletin #1834 (no longer in print), Housecleaning Management and Methods. One copy of this was given each club to be kept in the club library. The book "How to Clean Everything" by Alma Chestnut Moore, is an excellent source of reliable cleaning information. The recipe sheet which was given to all homemakers is attached.

At the close of the training meeting, one older project leader stated that she had been cleaning house for many years but the lesson had given her many new ideas and helpful information.

The agent presented this lesson to the Marana Women's Club. Twelve women were in attendance.

30 Project leaders presented this lesson to 16 clubs with 267 club members attending.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

The report of 13 club meetings was as follows:

Methods Used

Discussed topic only	1
Demonstrated and discussed	9
Discussed and had members do tests	5

Points Taught

Cleaning walls	13
Cleaning floors	13
Cleaning woodwork	13
Cleaning porcelain and enameled surfaces	2
How to test cleaners	10
How to make cleaners	13
Special cleaners for job	13

Several clubs overlapped on their checking of "Demonstrated and Discussed" -- "Discussed and had members do test" consequently a larger total than 13.

Five clubs reportedly made the hand lotion. Three made dustless dust cloths.

At the end of the year ten leaders reported the following:

How many made work easier by:

1. Better methods for cleaning--

walls	69	
floors	89	
woodwork	76	
sinks, refrigerator surfaces	72	
metal fixtures and trim	65	
Other surfaces		
ovens	21	shower curtains & stall 26
tile	32	toilet bowl 51
mirrors & windows	23	

2. Selecting correct kind of cleaner for the job. 158

3. How many neighbors and friends were helped. 66

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

Individual members' accomplishment reports showed the following cleaning practices adapted:

Dustless dust cloth	15	Remove wax from floors	6
(one woman made 10 additional ones for gifts.)		Fireplace cleaning	1
Planned cleaning routine	13	Look for labels and study them	8
Window & glass cleaning	11	Wall cleaners	10
Woodwork	12	Correct wax for floors	5
Upholstery & rug cleaning	13	Toilet bowl	11
Appliance wax	2	Rust from fixtures	5
Rinsing surfaces better	6	Cleaning basket	15
Hand Lotion	10	Ceramic tile	4

" My husband used the hand lotion, in fact, had it on the job with him and offered some to a friend who later asked for the recipe; they use it all the time."

Mrs. Olene Trembath-Ajo

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Make Up & Use of the Budget

A leader training meeting was conducted by Miss Grace Ryan on "Make up and Use of the Budget. 26 project leaders representing 13 clubs attended.

Probably one reason for the women feeling a need for this project is an outgrowth of very little family planning ahead in the past few years and now that money is not as plentiful, felt a real need for tightening family spending.

Before trying to plan the expenditure of money, there are some important questions which should be answered.

1. How much is there to spend?
2. Who knows how much there is to spend?
3. Who earned the money?
4. Who decides how it will be spent?

Other important aspects of budgeting that should be considered before actual planning begins are Standards of Living, Levels of Living, and one's Sense of Values.

Standard of Living is a pattern of living.

Level of Living is the pattern you find yourself using. Need not necessarily be your standard of living. Handling money is based on our values.

Values are measured from our standards of living.

It was stressed that standards are the most powerful force in spending. Many times we are unable to maintain our standard of living due to financial circumstances. It is especially important at such a time to have a correct sense of values. For instance, forego the TV set for adequate, well balanced meals for the family, or live in a moderate, low-cost housing unit so that some member of the family may get the education which would be beneficial to the entire family.

At the same time that standards and levels of living were being discussed, Family Counseling was pointed out to be an important phase of family spending. Family spending should be a family affair.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Make Up & Use of the Budget (continued)

A very useful check sheet was used to point out how everyone's standards of living vary. Attached is a copy of the sheet. A list of articles were read off and each leader put each article under the correct heading so far as she was concerned. Most all leaders indicated that they wanted to use this in their own club meeting.

Considerable time was spent in setting the stage for the project leaders to help them better understand the basis and need for budgeting. Miss Ryan compared yesterday with today pointing out that we are living in changing world, for example:

Yesterday	Today
An economy of scarcity	An economy of abundance
Purchases based on needs only	Impulse buying at a new high

But basically, human beings are physically and emotionally the same toward each other; they act much the same; think much the same.

The afternoon session was devoted to the actual discussion of budget. To give the women something concrete to discuss in small discussion groups, a money wheel with nine separate divisions was divided amongst small groups. We took all nine divisions, transportation, food, furnishings, housing, taxes, clothing, misc., health, investments, and divided \$360. a monthly income, evenly among the divisions, which gave \$40. We all know that the money would not be spent evenly. Each group discussed whether or not they needed more for their items or if they would part with some of their \$40. and give to another division. At the end of the discussion period the revised money wheel was put on the flannel graph. It was interesting to note that they had only spent \$326 out of the \$360. As one large group, they discussed where the additional \$34 was needed. This was an excellent teaching device to get the women thinking about the expenditure of the family income.

In our expenditures there are four classes:

1. Petty thieves (items which individually don't cost much but add up totally)
2. Sluggers (items such as a new refrigerator when not planned for in advance)
3. Regular (these we plan for, and they don't hurt us)
4. Bruisers (a \$20.00 dental bill not planned for)

CHECK SHEET for LIVING STANDARDS

Good	Harmful	Vicious	Harmless	Luxury	Necessity	Expedient

MAKEUP and USE of the BUDGET

46

Fixed Expenses

Installment Payments

Rent

Utilities

Insurance

Savings

Investments

Withholdings (including taxes, health,
social security, retirement)

Contributions

Emergency

Day-to-Day Living

Food

Clothing

House Furnishings

Gifts -- Entertainment

Personal Expenditures

Recreation

Laundry

Operation of Automobile and
other transportation

Medical

Educational

Cash Business Expenditures
Replacement of equipment
and furnishings
House Repairs
Repair of auto

Unexpected Expenditures

C A S H E X P E N D I T U R E S F O R F A M I L Y L I V I N G ⁴⁷
(Including cash payments on family bills)

[illegible]

(Including cash payments on family bills)

Number of meals served during the month: Family _____ Boarders _____
 Relatives and guests _____ Regular and extra hired help _____ TOTAL _____

[illegible]

C A S H E X P E N D I T U R E S F O R F A M I L Y L I V I N G
(Including cash payments on family bills)

[illegible]

CASH EXPENDITURES FOR FAMILY LIVING

MISCELLANEOUS EXPENSES

DATE

\$

\$

\$

\$

TOTAL \$

TOTAL \$

TOTAL \$

TOTAL \$

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Make Up & Use of the Budget (continued)

There is no ideal budget (certainly no magical one) but it should be planned thoughtful and intelligently to meet the family needs.

To help the women to see that even though they all had the same income, they would spend it differently; a case study was presented of six different families and how they all spent the same amount of income. This was very enlightening.

There are always some who want to know percentages that should be spent on the various divisions. To help fortify the leaders Miss Ryan gave the following four Economic Laws:

1. Smaller the income-the larger percentage goes for food.
2. As income increases, the amount we spend for clothing increases.
3. Increased incomes have better housing and spend more money on same.
4. Miscellaneous remains fairly small no matter what the income.

Before a real budget can be made, a family must have some idea as to where their money is now going. Some families will never be account keepers but still will plan and live on a budget. It was pointed out that this can be done by spot checking certain divisions (take food and clothing as examples) for a couple of months. This will give the family a fair idea as to whether they are spending the correct amount in that division.

Each project leader took copies of the sheets "Make Up & Use of the Budget" which included Fixed Expenses and Day to Day Living Expenses, and Cash Expenditures for Family Living" to give to her club members at the project meeting. Copies of both are attached.

This lesson was well organized and presented in helping project leaders with a subject that frequently is thought too difficult for leaders to present to their clubs. Without exception, all project leaders felt that it had been a very constructive training meeting and they were anxious to pass along the information obtained. Following the local club meetings all leaders were asked to evaluate the lesson. This presentation was purely experimental.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Make Up & Use of the Budget (contintued)

Other resource material given to leaders:

1. Money Management for Young Moderns
Household Finance Corporation
2. Guiding Family Spending U.S.D.A.
Miscellaneous Publication #661
3. A Discussion of Family Money
Women's Division Institute of Life Insurance

Leaders presented the "Make Up & Use of the Budget" Lesson to 16 clubs with 192 women present. Mrs. Anders H. Anderson, Ft. Lowell graciously accepted the request from the Desert and Sagebrush clubs to present this lesson to their clubs as they were not represented at the training meeting. Mrs. Howard Sherman, Belles of the Mission, went to the Sunnyside Club and presented the lesson for them in the absense of their leaders.

Reports on these meetings have been returned by 10 clubs.

Results are as follows:

Points for Discussion

- Value of family plans for spending - 10
- Value of measuring family standards - 10
- How money is divided - 10
- How spending is recorded - 9

The way you taught

- Discussed only - 2
- Demonstrated and discussed - 8
- Small groups discussed topics - 3

The comments made by leaders following the presentation of the meetings have indicated that they felt--

1. the material was well accepted by club members.
2. that members participated whole heartedly in the discussions. Some members even wanted to discuss more personal problems.
3. secure in presenting the material due to the way Miss Ryan conducted the training meeting, which was in an interesting and well organized manner.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Make Up & Use of the Budget (continued)

Specific quotations:

"As Miss Ryan's presentations are always so interesting and well organized, from my notes, I had confidence in myself and was able to present it to our members in an interesting manner, thanks again to Miss Ryan."

Government Heights

"All members enjoyed the meeting even though none seemed to show much enthusiasm on this project before; all left with a different attitude on budgets."

Sew & So

"The Make Up & Use of the Budget to our club was very successful; the girls all seemed as though they got quite a bit out of the lesson."

Mission Maids

From our 168 accomplishment reports 53 women said they have a planned budget, while 60 indicated that they make advanced plans for major expenditures.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework

As mentioned in previous reports, some of the women who participated in the "Help Yourself to Easier Housework" program in 1954 agreed to present some quickie demonstrations on some of the principles learned at the local clubs in 1955. To help these women prepare their quickies, Miss Grace Ryan, with some assistance from the agent, set up a display of the possibilities for demonstrations. In preparation for the display, a questionnaire was sent to those women who were willing to give the demonstration. They in turn told us which ones they felt they wanted to give to fellow club members.

The following women met with Miss Ryan and the Agent: Mrs. George Mullett, Mrs. Goldie Acridge, Mrs. Manoog Savajian, Mrs. Leona Demas, Gov't Heights; Mrs. Roland Johnson, Sagebrush; Mrs. A. S. Bradley, Mrs. W. Casto, Ft. Lowell; Mrs. Bert Wood and Mrs. Roy C. Glover, Sunnyside.

All 9 of these women gave a total of 54 demonstrations to 9 clubs in 14 meetings. Approximately 141 different women saw the demonstrations.

<u>Topics Demonstrated</u>	<u>No. of times</u>	<u>No. members tried ideas</u>
Bed Making	7	41
Putting on a pillow case	7	62
Best tools for the job	10	24
Storage devices	5	18
Ironing board	2	2
Dish towels	1	
Blanket case	4	18
Assemble equipment for any job	4	18
Cleaning basket	1	6
Measuring chair heights	1	
Pan on burner	2	
Individual's reach	2	1
6 Honest Serving Men	4	
Who does the Work	1	2
Iron a Shirt	1	6
Dishwashing Routine	2	10

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Help Yourself to Easier Housework (continued)

Individuals have reported the following storage ideas used:

- extra shelves - 13
- arrangement of equipment in cupboards - 4
- equipment in sewing cabinet - 2
- arrangement of drawer space - 4
- racks in cabinets for storage - 5
- stored all things used together - 7

Comment:

"I came home from the lesson with Miss Ryan and redid my cupboards with dividers; also have shown the pillow slip one to numerous friends."
Mrs. Bert Wood

In summarizing this project over the two year period we found that 8 special meetings were conducted by Miss Grace Ryan and Mrs. Elsie Morris in 1954 with a total attendance of 130 women. Forty different women attended. These special interest meetings were presented to help the women attending and with the hope that eventually they would become local leaders. Since 10 of these 40 women did give 54 quickie demonstrations in 1955 at local club meetings, we believe it is safe to estimate that 175 women received some help from this project.

It is our honest belief that additional quickie demonstrations will be presented during 1956 by these same enthusiastic leaders.

CLOTHING AND TEXTILES

Little Girls' Clothing

At the program planning meeting homemakers requested a project on children's clothing. This, being such a broad subject, the agent held a conference with Miss Helen Church, Clothing Specialist, to determine which phases of the subject should be included in the project. To help determine the specific needs, the following questionnaire was sent to all homemakers in the county. 68 were returned to the County Office.

Results are as follows:

1. Do you have pre-school age children 26 Children 6-12 32
2. Do you do some of the sewing for your preschool children 25
4 of these had no pre-schoolers) children 6-12 34 (3 did
not have children this age).
3. Do you purchase some or all of the clothing for pre-schoolers 28
children 6-12 34
4. Would you be willing to spend two days in a workshop conducted
by your trained clothing leader actively making a child's garment.
yes 45 no 23
5. Are you primarily interested in learning finishing details
such as collars, 27 setting in sleeves, 26 zippers, 29
hems, 16 circular skirts, 2 belts, 2 button holes,
1 flat felled seams, 1 fitting and alteration 3
finishing details, yes 5

Using the questionnaire as the basis, it was decided to limit the subject matter to little girls' clothing; then, if there was sufficient interest, perhaps little boys' clothing could be a project in 1956.

Eight days were devoted to this project during the month. This time was spent preparing illustrative material, assisting with 3 workshops and conducting 1 workshop. 34 different project leaders attended. All clubs were represented except Ft. Lowell Club.

The lesson material was planned by Miss Helen Church, Clothing Specialist. A copy of the bulletin "Clothing the Pre-school Child" is attached to this report. It gives us specific information on the development of a child, selection of pattern and fabric, altering

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

Agricultural Extension
Service

CLOTHING THE PRE - SCHOOL CHILD

Prepared By

Helen L. Church
Extension Specialist in Clothing

POCKETS

A child should have a pocket
Supposing on the road
He runs across a beetle
Or a lizard, or a toad?
However will he carry them?
Whatever will he do
If he hasn't got a pocket
To put them into?

A child should have a pocket
On which he fairly dotes!
Not one, or two but many
In his little waistcoats
And one will be for money
He finds on the roads
And one for cake and cookies
And one for hop toads!

Susan Adger Williams

No. 255
1-31-55
cc: 425

CLOTHING THE PRE-SCHOOL CHILD

Clothing the pre-school child calls for careful planning. It is so easy to become over-enthusiastic about dressing the child at this age. Consequently, many mothers find clothing hanging in the closet that is practically new since Johnnie or Suzie have outgrown it.

It's probably best to select a few garments that will do for all occasions and purposes. For instance, it would be extravagant to buy a good coat and an everyday coat. Both would be outgrown before they are worn out. It's not a good idea to ask the child to wear a coat too tight for play because you made a mistake in purchase.

Often a mother makes purchases for Johnnie or Suzie with the idea that next year the younger brother or sister can wear them. To always wear hand-me-downs isn't good for any child. It is poor economy if it affects the personality of the child. Of course, there are things that can be done to hand-me-downs to make them belong to the child. New buttons, belts, collars, etc. can disguise an old garment. Undergarments, sock, etc. are easily handed down without affecting the child. It is outer garments, that his or her playmates see, which makes the difference.

Give the child the opportunity to help plan for his needs and help to make the purchase. Guidance in selection of color, fabrics and price will help the child to develop critical selection.

Physical Development That Affects Clothing

From 1½ to 3 Years

Growth

Gains about 4 inches per year.
Prominent abdomen.
Chest is round, shoulders high and neck short.

Coordination

Coordination can be trained by repeated exercise.
Body activity great.
Eye-hand coordination develops rapidly.
Can hang up coat on hook by small loop.

Clothes

Large enough to accommodate child's rapid growth and changing body proportions.

Can put on clothes if given directions with some assistance - lay out clothes - mark back and front.

Can take off shoes if they are untied.

At 2 or 3 he is interested in buttoning clothing. Buttons should, however, be large enough to handle with thumb and index finger.

Zipper can be undone if started

Can put away and hang up clothing if easy for him to do.

From 1½ to 2 years child is more interested in taking off clothing than in putting clothing on.

From 3 to 5½ Years

Growth

Gain of height average 3 inches per year.
Trunk at 6 is twice as long and wide as at birth.
Abdomen decreasing in size.
Shoulders broader.
Triangular shaped body.
Arms and legs still growing fast.
May dawdle as he dresses.

Clothing

May dress with more precision - mastered skill and have lost interest.

Have sensitivity to color.

Can put on and take off most indoor and outdoor clothes if fastenings are simple.

Clothing Principles

Children require light, loose clothing which allows for freedom of movement. Too heavy clothing produces strain on shoulder muscles and may lead to postural defects. The design and trimming should be kept simple for ease in laundering.

Dresses

Raglan and cap sleeves.

Pockets for hanky and "valuables".

Collarless neckline large enough to get garments on and off over head easily and low enough so that it does not rub or chafe neck.

Front opening - placket should be long enough to provide ample room for head - 20 to 22½".

Buttons 1½" to 7/8" in diameter or ball buttons 3/8" to 5/8" across.

Buttons should be flat and slightly grooved. Too large or too small ones are hard to handle.

Buttonholes should be large enough for the buttons. A buttonhole that is the length of the diameter plus the thickness of the button is the right size.

Loops for ball buttons should be firm and round. They should be slightly larger than the button and should stand out from the garment. To slide over button easily, they need to be open and spread at the base.

Fullness in a garment comes from the neck and shoulders. A garment with no definite shoulderline or waistline is adaptable to the growing child.

Hems may be 5" to allow for growth.

Trousers

Pockets for "valuables".
Legs of trousers should be wide enough to simplify urination. Avoid trousers that are too short in crotch.

Shirts

Simulated collar for shirts.
Adjustable band on shirt to allow for growth in height.
Hemmed sleeves rather than cuff.

Overalls

Should allow ample room for stooping.
Shoulder straps cut so that they stay up.
Legs narrow to avoid accidents.
Legs with wide enough hems to let out, but cuffs unnecessary.
Fasteners that are lightweight and durable.

Color

Color that enhances coloring of child.
If print or design is used it should be small.
Stripes and plain colors adapted to boys' clothes.

Seams

Flat, soft, and smooth.

Fabric

Washable, soft, of medium weight - corduroy, seersucker, wrinkle crepe, jersey, percale.

Zippers

A child must be taught how to open and close a zipper.
Zipper pulls should be easy to grasp and find. A tassel or bead on the pull makes this easier.

Keep These Things in Mind in Selecting Design:

1. The design and fabric that you select should be light in weight.
2. The neckline should be low enough so that it does not rub or choke the child; low enough in back so that the child will not carry his head forward; and easy to slip over the head.
3. Shoulder line should be loose enough for freedom of movement.
4. Sleeves - armseye and cuff line that do not bind.
5. Room in hips and crotch to permit reaching and stooping.
6. Nothing tight enough to restrict body movements or stop circulation. Care should be taken in use of elastic. It should only half way encircle the arm or leg.
7. Dress or trousers with adequate room for child to play in squatting positions.
8. Fastenings suitable for self help if possible.

Selection of Fabrics

Fabrics, of course, need to be sturdy, easily cleaned and cared for. Cotton fabrics usually qualify in these respects. Some of these are: percale, plain or printed, powder puff muslin, dimity, lawn, pique, chambray, gingham and broadcloth. Wrinkle resistant cottons are expensive for children's clothing. Fabrics should be color fast to laundering and the sun. The vat dyed cottons will be your best choice. Next in importance is shrinkage. It should be labelled pre-shrunk or sanforized to give you the best service.

The size of stripe, plaid or design should be in proportion to the size of the child. This is to be remembered when we make over adult clothing for children.

Color

Children soon develop likes and dislikes concerning colors. When you choose color for the soft, delicate complexions of children, you need to choose those subdued in tone, such as powder blue in preference to royal blue, a rose pink instead of turkey red. Personality, of course, is a factor to remember. The very vivacious child will wear the more vivid colors, while the retiring child would be overpowered by such colors. Usually this type of child can use the brighter colors as trims.

Purchasing Ready-To-Wear

Children's clothing is often purchased by the grandmothers and friends of the family. Often they know little about the size. The mother too is often confused when she enters a store. Suzie is big for her age or small for her age, and often the clothing is sold by age. An attempt has been made to set up new standards for children's ready-to-wear clothing. These standards are based upon height-weight rather than age. Infant wear is now available sized according to these new standards. The knit underwear industry has been the first to develop and accept this system on an industry-wide basis. Retailers, however, say that they wish women knew more about height and weight of their child.

Here are measurements and sizes as followed by the knit industry: (CS 151-48), Body Measurements for the Sizing of Apparel for Infants Babies, Toddlers, and Children; CS 153-48, Body Measurements for the Sizing of Apparel for Girls; and CS 155-48, Body Measurements for the Sizing of Apparel for Boys.

INFANTS

<u>Measurements</u>	<u>Size Numbers (Not Age)</u>					
	3	6	12	18	24	36
	mos.	mos.	mos.	mos.	mos.	mos.
Height	24	26½	29	31½	34	36½
Weight	13	18	22	25	28½	32

BOYS AND GIRLS

<u>Measurements</u>	<u>Size Numbers (Not Age)</u>					
	2	3	4	5	6	6x
Height	34	37	40	43	46	48
Weight	28½	32½	37	42	48	52
Chest	21	22	23	24	25	25½
Waist	20½	21	21½	22	22½	23

GIRLS ONLY

<u>Measurements</u>	<u>Size Numbers (Not Age)</u>					
	7	8	9	10	12	14
Height	50	52	54	56	58½	61
Weight	58	64	72	80	92	104
Chest	26	27	28	29	30½	32
Waist	23	23½	24	24½	25½	26½

BOYS ONLY

<u>Measurements</u>	<u>Size Numbers (Not Age)</u>						
	7	8	9	10	11	12	13
Height	48	50	52	54	56	58	59½
Weight	53	58	64	71	78	85	91
Chest	25-3/4	26½	27¼	28	28-3/4	29½	30½
Waist	23	23½	24	24½	25	25½	26

BOYS ONLY (CONTINUED)

<u>Measurements</u>	<u>Size Number (Not Age)</u>						
	14	15	16	17	18	19	20
Height	61	62½	64	65	66	67	68
Weight	98	105	113	119	124	130	136
Chest	31½	32¼	33	33-3/4	34½	35¼	36
Waist	26½	27	27¼	28	28½	29	29½

Also here is a chart worked out by a manufacturer for children's clothing other than knitted garments. This sizing was tried out 2 years before garments were put on the market. This method does require the buyer to know the height and weight of a child.

<u>Shirt Size</u>	<u>Age</u>	<u>Weight</u>	<u>Shirt Length</u>
1	To 3 months	To 11 pounds	10 inches
2	6 months	12-18 pounds	11 inches
3	1 year	19-23 pounds	12 inches
4	1-½ years	24-26 pounds	13 inches
5	2 years	27-28 pounds	14-½ inches
6	2-½ years	29-32 pounds	16 inches

There are other companies that have attempted this more accurate way of sizing. The mail order houses give their charts in the back of their catalogs. They are especially interested in correct sizing, since returning of merchandise results in vast expenditures of money

Selecting a Pattern for a Child

If you are making a child's garment, half of the battle is won if you can select a size near the child's size. Patterns are still sold by age and we know that the age has little to do with his or her size. Until pattern companies change their methods of sizing, we must know at least two things when we shop for a pattern:

1. You must know his or her breast measurement.
2. His or her waist measurement.

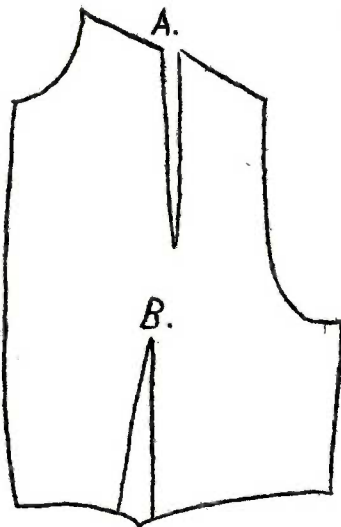
The back of the pattern gives these measurements. Try to select the one closest to these measurements.

Altering the Pattern

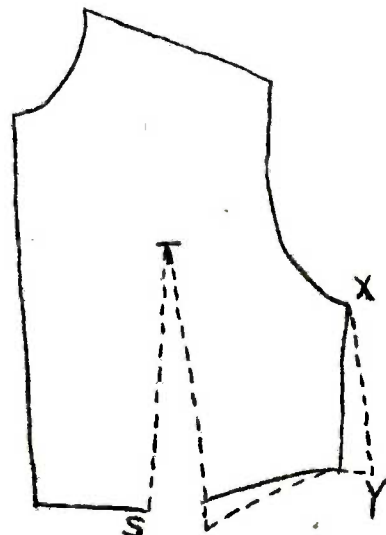
Although you have selected the pattern according to these measurements, you will need to make some pattern alterations. Then, too, a child grows very rapidly and when using the same pattern for making a second garment, it may be necessary to alter the pattern. You will find you will have to buy patterns more often for children than you do for yourself.

The length of alterations are always shown on the pattern and are very simple to make.

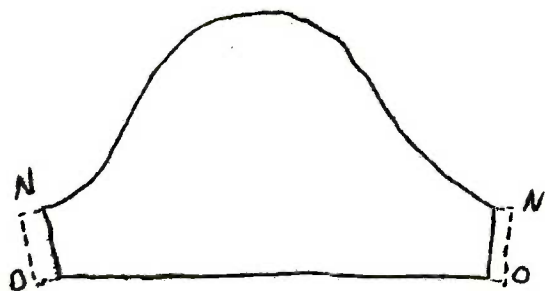
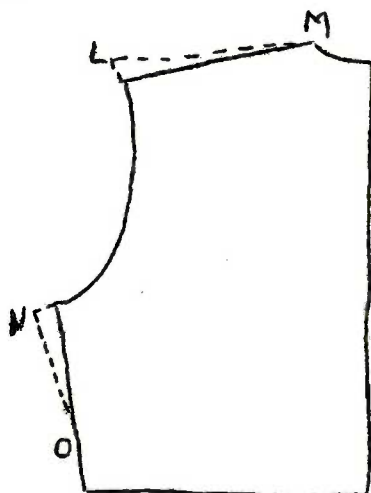
Problem 1. The pattern fits in most places but is too long or too narrow at the shoulder. To make this alteration without altering the size of the armhole, cut from A to B and take out or add to the length of the shoulder. Repeat same in back of garment.



Problem 2. The child has a tummy and large waistline. Cut from S to T and spread apart required amount. Also straighten the side seam from X to Y.



Problem 3. The armhole in a child's garment should be full and easy, 1 to 2 inches below the armpit to be comfortable. If it is tight, add to the armhole in 2 places. Adding to height of shoulder will allow armhole to drop so that grainline runs true across the chest. If the child is chubby, adding to the underarm may be necessary too (N to O). Remember this will need to be added to the sleeve at side seams if there is no fullness in the sleeve.



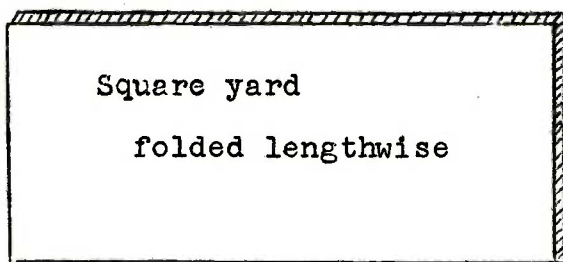
Length of alterations are usually given in the pattern and are easily made. Follow the directions given.

Skirts Are Often Cut Out Without a Pattern

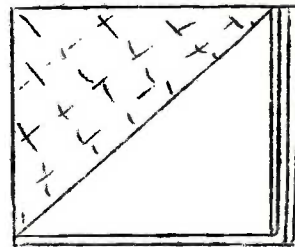
1. The straight, gathered skirt is the simplest. You need only 2 lengths of material 4 inches longer than the child's finished length.
2. The circle skirt is pretty and a favorite with children. However, they can wear them only a short time since there is no let-down hem. In small sizes they can be made without a seam. They are made from a complete circle with a hole in the middle for waist and a slash for placket. This will make sizes up to 6. The waist curve will be $\frac{1}{4}$ of the child's waist measurement.

The following illustrations show how to cut a circular skirt without a pattern:

1. Take a square yard of fabric and fold selvedge to selvedge - as in Figure A.
2. Now fold again - as in Figure B.
3. Fold a triangle - as in Figure C.
4. With selvedges kept a bottom fold back the triangle - as in Figure D.
5. The waistline will be cut at a point where $\frac{1}{4}$ of waist measurement is equal to $\frac{1}{4}$ child's waist measurement. (For example: If the child's waist measurement is 16", the length across the curve will be 4").
6. The curve at the bottom of the skirt should be even and the length that you desire for the finished skirt plus $\frac{1}{2}$ inch.

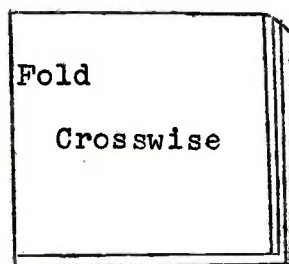


A



Folded into Triangle

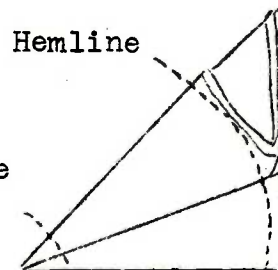
C



B

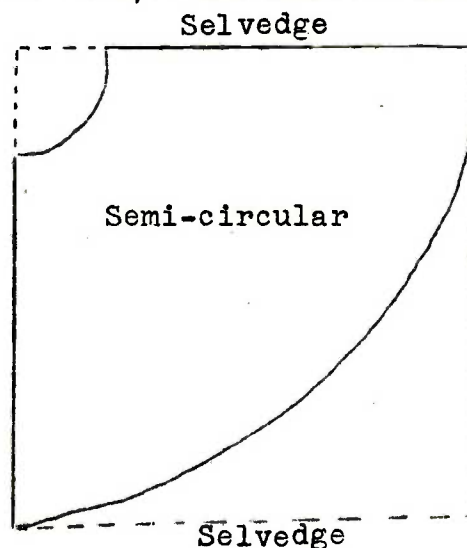
Selvedges

Waistline



D

The semicircular skirt is cut somewhat the same, but the waist measurement curve will be $\frac{1}{2}$ the child's waist measurement. Figure E.



E

Guide for Assembling the Garment

The garment will be cut and marked and pattern left on each garment piece. The pattern will be removed as you use each piece.

1. Blouse or bodice front.

- a. Stay stitch bias edge.
- b. Stitch in darts.
- c. Make yoke; put on pocket and other trimming.
- d. Baste stitch to mark pocket, trimmings, buttonholes, et
- e. Finish facing edges.
- f. Make collar if garment has one, also cuffs.

2. Blouse back

- a. Stay stitch neck and shoulder and zipper area.
- b. Stitch in darts.

3. Press all pieces of front and back

- a. Press darts towards center front and back.
- b. Press open collar seam, trim, turn and press again.

4. Sleeve

- a. Run 2 rows of machine basting from notch to notch 1/4 inch apart. The seamline will be between the 2 rows.
- b. Put in elbow darts or gathers if sleeve is long.
- c. Sew underarm sleeve together.
- d. Finish hem and apply cuff.

5. Put together the units of blouse

- a. Join shoulder seams from neck to shoulder.
- b. Attach collar to blouse or finish neckline.
- c. Sew side seams from armhole to waist.
- d. Press.
- e. Set in sleeve.

6. Units of skirt

- a. Sew center seam in skirt if it has one.
- b. Make darts or pleats if skirt has them.
- c. Gather top from side seam to side seam.
- d. If circle skirt, stay stitch waistline from side seam to center front and center back.
- e. Make side seams and press. Sew from bottom to top.

7. Put together skirt and top units

- a. Join with lapped seam or plain seam and tape.
- b. Blouse is eased to skirt.

8. Complete garment.

- a. Make placket or put in zipper.
- b. Mark and finish hem.
- c. Make machine made or worked buttonhole.
- d. Sew on buttons.
- e. Final pressing.

CLOTHING AND TEXTILES (continued)

Little Girls' Clothing (continued)

a pattern and buymanship of ready to wear. The subject matter was limited to little girls' dresses.

Project leaders attended two workshop meetings to plan the subject matter material; due to the number of leaders, it was necessary to divide the leaders in two groups. This necessitated having two sets of the series of two workshop meetings.

At the first meeting Miss Church discussed in considerable detail the physical development of a preschool child that affects the selection of their clothing. All too frequently mothers dress their children for appearance's sake rather than for the child's comfort. Self help dresses made from USDA patterns were shown to emphasize such features as front opening, sleeves that don't bind, no waistline and plenty of fullness for squatting and the normal activities. The USDA patterns are no longer available on the market, but the patterns show desirable features to look for when selecting a pattern. Self help patterns are especially desirable for clothes worn daily for play.

To assist in the discussion on selection of pattern and fabric a cut-out doll with proportions of a three-year girl was used with the front half of dresses.

One dress was made in a basic dress, using small and large collars, small and large buttons and other trimmings; also length of skirt pointed out important features. The other two dresses were made identically except using a small print for one and a large print for the other. Proportion was the emphasis for these two dresses. The women felt this made the explanation for relation of pattern and fabric more clear. Three kits were made of the above for the leaders' use in their presentation to their local clubs.

Considerable time was devoted to the selection of correct sizes for youngsters. Miss Church stressed that children's clothing should be purchased by weight and height whenever possible. The knit underwear industry for the past year has been labeling their garments by weight and height for their sizes. One large nationwide store is now selling all infants' things by weight and height. Eventually patterns will be sized in this manner. One toddler pattern was found in a pattern book sized by weight and height. It is important that every mother know her child's weight and height, if she wants to purchase comfort-

CLOTHING AND TEXTILES (continued)

Little Girls' Clothing (continued)

table clothing for the child. It was interesting to note at the meeting that about 8 mothers have been aware of this type of buying and have been buying knit wear accordingly. A child's pattern should be purchased by breast and waist measurements and then make whatever alterations necessary. Only the very basic alterations were discussed at the meetings. More alterations are described in detail in the bulletin attached.

There is now a pattern book on the market devoted entirely to children's clothing. Miss Church gave instructions on how to make a circle skirt pattern. Directions are given in the bulletin.

Techniques taught at the first meeting included cutting bias, using bias tape, making a french fold, cording using bias, three types of plackets (slash, bound and simple skirt), sewing on rick rack and doing applique work.

Patterns were given to the leaders for a simple cover up feeding apron, basic panty pattern and self help bib. The women practiced using bias tape and trimming under the edge if design applique on the self help bib.

For the second workshop meeting the leaders from each club had purchased one of the patterns suggested, cut out a little girl's dress, had it partially constructed so that it was ready for collar and sleeves. The demonstration putting the collar on was perhaps the most valuable of the entire lesson. Stay stitching and clipping of the neckline before joining the collar to garment baffled many of the leaders even though they had been putting on collars for years.

Since several of the club leaders would not be presenting the children's phase of this lesson to their club, a demonstration was given on setting in a plain sleeve. Very few small girls dresses have zippers, but everyone was shown how to put a zipper in neatly so that the metal portion did not show when completed. The new adjustable zipper was shown and explained how it could be used on children's clothing to lengthen straps and to adjust the waistline as youngsters grow. The final demonstration showed how a hem could be put in by machine and not have the stitches show. The women seemed to feel that this would be helpful to them not only for children's garments but for their own house dresses.

CLOTHING AND TEXTILES (continued)

Little Girls' Clothing (continued)

Time alone will tell how many workshops will be conducted in the county, but at least 5 clubs indicated that their members wanted to construct a dress as the leaders had done at the project leaders' training meeting.

Twenty-three regular club meetings were devoted to method demonstration on "Little Girls' Clothing and Finishing Details" with 345 women present. One club did not carry this project; consequently the total number reached is less than usual. In addition to the regular meetings 4 different clubs held a total of 9 workshops with 62 attending.

Leader's reports gave us the following information:

	No. of clubs	No. of women using
Discussion of children's clothing	11	
Finishes taught to members		
self-help bib	9	30
machine hems	11	92
rick rack attachment	6	17
making and putting on cording	11	60
making of french bias fold	11	67
collar	9	32
easy turning of edges for applique	5	34
application of zipper	11	123
new let out zipper	1	3
setting in sleeves	7	21
How many have purchased garments by height and weight	26	61
Number of little girls' dresses made following the lesson material		<u>179</u>

Other finishes reportedly learned and put to use.

lace edging - 4
belts - 9
buttonholes - 26
gussets - 1
stay stitching
continuous placket - 14
hand hems - 14
use of tracing wheel - 9

CLOTHING AND TEXTILES (continued)

Little Girls' Clothing (continued)

27 women reported helping 112 others with some of the above techniques.

From reports of 168 women, the following number of garments were made:

Tailored garments	34 women made	65 garments
better dresses	82 women made	198 dresses
cotton dresses	108 women made	409 dresses
children's garments	83 women made	556 garments
blouses and shirts	87 women made	377 garments
skirts	68 women made	180 skirts
remodeled clothes	13 women made	over 76 garments
misc. garments	29 women made	243 garments

The Mission Maids reported that all of their members now use stay stitching which most had never used, prior to the lesson.

Twenty-two terry cloth bibs were made by the Mannettes and given to the Arizona Children's Home.

Belles of the Mission felt they had an adequate amount of time to present the lesson so that they were able to cover most all of the finishing details taught.

So & Sew housemakers say, "This whole lesson was enthusiastically received. Everyone felt they had learned several new and useful things. More than half of the group hope we will have finishes for boys' clothing next year. We taught all of the lesson by having the women do the different things themselves - found it best."

The members of the Govt. Heights club were not interested in this project and realized after the presentation that they should not have included it in the program.

Because this project was planned for the clubs to spend two meetings on, this was the only countywide clothing project.

CLOTHING AND TEXTILES (continued)

Sewing Machine Clinics

The agent with assistance from Miss Martha Bunge, Assistant Agent, conducted 4 Sewing Machine Clinics in the county during one month. Thirty-one women from 11 clubs and 1 additional community cleaned and adjusted their machines so that they stitched as well as or better than when they came to the clinic. The husband of one homemaker would not permit her to bring her own machine to the clinic so she borrowed a friend's. She was most enthusiastic with the results she achieved on her friend's machine and was going home to clean and adjust her own in the very near future. One lady had never been able to get the proper tension on her lower tension. By replacing the tension piece her machine works like a charm.

The procedure for cleaning and adjusting the sewing machines is included in the attached mimeographed bulletin.

Three women not members of homemaker clubs attended these clinics and are included in the total. Following is the summary of the machines cleaned:

- 1 Universal
- 4 Domestic
- 3 Kenmore
- 1 Free Westinghouse
- 1 Brunswick
- 2 White
- 19 Singers

It is felt that all of the sewing maching clinics conducted this summer were quite successful and all of the women have machines that work as well or better than when they came to the clinic. This work puts a great deal of responsibility on the agent due to the fact that we work with expensive pieces of equipment. This year we were successful in not having a mishap.

In addition to the 31 machines cleaned at the clinics 39 additional machines were cleaned by members at home.

CLOTHING AND TEXTILES (continued)

Miscellaneous Clothing Information

Early in the fall of 1954, Mrs. Mary Jim Woolbright, Public Health Nurse and Mrs. Elna Frank, Interpreter Aid, and Mrs. Florence Phillips, Supervisor from Casa Grande, Arizona requested help from the office in forming a club for the Indian women in the Papago reservation. As a result the San Xavier Women's Health Club was organized. Mrs. Woolbright asked the agent's assistance to present a lesson on clothing to their club.

Not being at all acquainted with Indian women and their needs, a conference was held with Mrs. Frank who is an Indian lady working with Mrs. Woolbright. The program which evolved from this conference was a short discussion on children's clothing which included buying patterns and types of garments children of different ages should have. The Indian women have many old adult garments which could be used in making children's garments, However, Mrs. Frank says that many of the garments are discarded because the women do not know how to use them. A brief discussion and demonstration was given on ripping the old garment and the placing of pattern pieces on the various sections of the old articles.

The main portion of the meeting was devoted to a demonstration on the convertible collar. The points stressed were:

1. Layering of seams in the collar
2. Trimming corners in collar
3. Stay stitching of neckline
4. Clipping neckline
5. Joining of straight edge with curved edge
6. Matching notches

The last few minutes of the meeting were spent in showing the women how to put in a hem by machine so that it did not show on the right side. It was felt that the women needed to know how to make a sturdy but also one that could be done quickly. One of the women was especially interested in learning how to do this hem so following the meeting the agent worked with her at the machine until she had confidence in her ability to make the hem when she got home. Several of the other women were depending on her to give them assistance later.

CLOTHING AND TEXTILES (continued)

Miscellaneous Clothing Information (continued)



A total of 30 women and 8 children attended the meeting. The women from the Sells Welfare Club were invited. Fifteen Indian women, including Mrs. Sara Russell, Welfare Worker, drove from Sells in a pickup truck to attend the meeting. Two women traveled 45 miles just to get to Sells in addition to the trip to Tucson. It was a most responsive group and a wonderful experience for the agent. At a later date the women indicated they would be interested in a demonstration on "Putting in a Zipper" and "How to Make a Slash Pocket."

CLOTHING AND TEXTILES (continued)

New Fabrics

The Belles of the Mission had the lesson on "New Fabrics" which was included in the 1954 county program before the group was organized. Mrs. Laura Sherman, former clothing project leader for Mission Maids and new member of this club presented the lesson to 15 members.

CLOTHING AND TEXTILES (continued)

Sewing Construction classes

Mrs. Graham Edwards and Mrs. Erle Taylor, both members of Sew & So homemakers conducted sewing classes for the Home Department of the Pueblo Junior Women's Club.

A report of their classes is as follows:
Following Miss Church's outline we conducted a series of 8 meetings lasting about 4 hours each. Eight women attended and the following garments were finished.

- | | | |
|----|----------------|--------|
| 1. | Dress tailored | cotton |
| 2. | " " | " |
| 3. | " " | rayon |
| 4. | " " | wool |
| 5. | " " | cotton |
| 6. | " " Jersey | (wool) |
| 7. | Jumper | wool |
| 8. | Skirt | wool |

This spring we held 2 meetings on finishing details to assist girls who are planning on entering garments in the State Convention style show.

Total attendance	5
Total hours	6

RECREATION AND COMMUNITY SERVICE

This phase of the program is left up to the individual clubs. All clubs have at least one party during the year. The December program is devoted entirely to recreation and community service. At this time some of the clubs have parties for their husbands while other observe the month with a potluck dinner for just members.

10 clubs had a social event during the summer months. Most of these are patio suppers for their families. Typical of these parties was the Sagebrush Club who entertained their husbands.

The Silverbelles have sponsored community projects during the past year. In the fall they entertained the Marana school teachers and their families. The children in Silverbelle travel about 50 miles each day to attend school. Their second project was the completion of a recreation area in their community. There are no sidewalks so that they had poured a large concrete slat for the youngster's activities; the area is lighted; they have purchased some playground equipment and have built an outdoor fire place. These women and their husbands have worked hard but are extremely proud of their achievements. Their third project was a Home-a-Rama at which time all families in the community were invited to come see what the homemakers club was accomplishing.

For the fourth year all homemaker clubs have donated cookies for the boys at Davis-Monthan Air Force Base. These cookies are given to the blood donors after they have given blood to the Red Cross Blood Bank. One club furnishes 600 cookies each month. The clubs sign up to participate at the first of the year. As a county organization they also give \$125 to the Prenatal clinic.

The Ft. Lowell homemakers sew one day a week at the Tucson Medical Center. A few faithful women enjoy this work. In return for these services, the club is permitted to hold their club meetings at the center. They also hold a white elephant sale and divide the proceeds equally among these chosen charities--Red Cross, Tucson Medical Center and the Heart Fund.

Homemakers and clubs have given their services for the betterment of their communities for the following causes: Cancer Society, Community Chest, Heart Drive, Polio Vaccinations, Clothing to the Indians, March of Dimes, Magazines, Newspapers, old Christmas Cards to hospitals and Children's organizations, and mending for a Children's Home. This is an indication that the women want to give assistance in worthy pro-

RECREATION AND COMMUNITY SERVICE (continued)

jects to help those perhaps a little less fortunate at the moment than they are.

The women provide their own instruction for crafts. They report that the following has been accomplished this year. (really only a representative sample)

aluminum trays	15 women made	31	26 did textile painting.
leather articles	12 women made	47	5 did copper pictures.
oil paintings	2 women made	12	5 made candles.
ceramic objects	12 women made	103	
copper on enamel	5 women made	47	

RECREATION AND COMMUNITY SERVICE (continued)

Publicity

All of the homemakers clubs receive publicity in the two local papers. Mrs. Manoog Savajian, our very excellent County Press Chairman, has received the news articles from all clubs and then turns them into one of the papers which makes a Homemakers' column once a month giving meetings, dates, etc. Each club sends in their own articles to the other paper. The society editors are most generous with space for homemaker clubs.

There is now a Pima County Farmer Newspaper published twice a month which reaches a large portion of the rural population. In each issue there is a homemakers' column which is compiled by the agent.

The Arizona Farmer, which receives statewide distribution, is also most generous in giving us publicity for all of our special events.

During Home Demonstration Week, the presidents of all Homemaker Clubs appeared on a local television station, telling about the Extension Program in the county.

The agent was also interviewed. There was one-half hour radio program on Food Preservation.

The attached clippings are indicative of the type of publicity received by our clubs.

The following statistics are available:

bulletins distributed	10,070
radio and TV	2
press articles	40
home visits	74
office calls	413
telephone calls	1,238

PUBLICITY

Home Makers

Mrs. Ruth Linner, home demonstration agent, will visit all the Pima County homemakers clubs at their September meetings. Following are a list of the clubs and their meeting times and places. Each group will discuss program plans for 1955-6.

AMPHITHEATER — Thursday, Sept. 1 at 10 a.m. at Amphitheater Men's Club, 2900 N. Geronimo. Hostesses are Meses. Lura Tibbs, Aletha Miller, Dorothy Drummond. Potluck lunch will be served.

BELLES OF THE MISSION — Wednesday, Sept. 14, at 8 p.m. at the home of Mrs. Leonard Samp, 634 W. Santa Paula. Please bring magazines and clothing for our charities.

CACTUS WRENS — Wednesday, Sept. 21, at 9:30 a.m. at the home of Mrs. George Wier, 2637 Eastgate will be hostess and co-hostess will be Mrs. Walter Moody.

DELMAN HEIGHTS — Wednesday, Sept. 14, at 9:30 a.m. at the home of Mrs. Wilbert Anderson, 4821 E. Melissa.

DESERT — Tuesday, Sept. 20, at 10 a.m. at the home of Mrs. J. C. VanNort, 4002 Camino de la Colina.

FT. LOWELL — Thursday, Sept. 8, at 10:30 a.m. at Tucson Medical Center, E. Grant Rd. Bring your own table service for a potluck lunch.

GOVERNMENT HEIGHTS — Wednesday, Sept. 21, at 10 a.m. at the Southside Fire Station, 341 W. Ajo Rd. Potluck lunch will be served and hostesses will be Mrs. Joe Broadway and Mrs. Mary Winstead.

HOUSE & BUGGY — First meeting, Tuesday, Sept. 6, at 7:30 p.m. at the home of Mrs. James D. McClymont, 2509 E. Seneca St. hostess. Subject: Make up and use of Budgets. Second meeting, Tuesday, Sept. 20 at 7:30 p.m. at the home of Mrs. Robert Mellen, 56-B Polo Village.

MANORETTES — Tuesday, Sept. 13, from 9 a.m.-12 noon at the home of Mrs. Raymond Wilton, 1701 Benson Highway. Guests invited to join and may come early for coffee.

MISSION MAIDS — Tuesday, Sept. 20 from 9:30 a.m.-12 noon at the home of Mrs. Frank Shayka, 934 Calle Aragon.

RODEOETTES — Thursday, Sept. 22, at 12 noon, at the home of Mrs. Claude C. Dragoo, 5007 S. Liberty Ave. An extra lesson on pleating of squaw dress skirts will be given.

SAGEBRUSH — Thursday, Sept. 8, at 9:15 a.m. at the home of Mrs. K. M. Fornwalt, 2301 N. Sparkman Blvd.

SEW AND SO — Thursday, Sept. 8, at 10 a.m. at the home of Mrs. Mark Morgan, 3367 N. Country Club.

STITCH & CHATTER — Thursday, Sept. 15, from 10 a.m.-3 p.m. at the home of Mrs. Charles Lacy, 3107 N. Geronimo.

SUNNYSIDE — Thursday, Sept. 15, from 10 a.m.-2:30 p.m.

at the home of Mrs. C. H. Colvin, 5818 So. Park Ave.

Mission Belles Plan Outdoor Cookery Meet

Patio clothes will be worn by members of Belles of the Mission Homemakers' club when they meet this evening at 8 o'clock at the home of Mrs. Tony Kulczyk, 935 Calle Margarita.

Mrs. Leonard Samp and Mrs. Alexander Galanis are in charge of the lesson on outdoor cookery.

Members are asked to take magazines, clothing and cancelled stamps to the meeting for the group's charity donations.

SATURDAY, JULY 9, 1955

Kiwanians Drool Over Apple Pie Technique

Members and guests of the Tucson Kiwanis club drooled yesterday as they watched the process of making an apple pie. Miss Ellen Riley, a member of the Wrightstown Busy Bee 4-H club was the demonstrator.

The audience watched the pie making from the mixing of ingredients to the sprinkling of sugar over the top of the completed delicacy. Unfortunately the pie could not be baked in the time allotted, and the stimulated appetites of the men were left unsatisfied.

Miss Riley's demonstration was part of a 4-H program, during which Susie and Rocky Greenfield of Marana told how they raised beef calves and vied for grand champion honors. Maynard Clark of Santa Cruz county, who was one of a delegation of four Arizona young people to attend the recent 4-H camp in Washing-

ton, D.C., told of the trip and showed slides he took in the national capital.

Only two boys and two girls from each state get the honor of attending the national camp. Clark has been in club work six years, the last three as a junior leader. He was able to present a concise account of the camp program, during which the 4-H group was addressed by President Eisenhower, Secretary of Agriculture Ezra Taft Benson, and other notables. Clark served on the camp committee for recruitment of leaders.

Lou Burleson, a member of the Sunnyside Wildcats 4-H club, told of his sheep-raising project. Beginning on a small scale, he now is forming a flock of 20 Suffolk ewes and two rams.

HOME ECONOMICS AND 4-H CLUB WORK

Leader Training

There were 9 leader training meetings conducted in the county, attended by 118 leaders (there are duplicates in this figure).

Judging

A leader training meeting was conducted to give leaders assistance with judging. Twelve leaders and 2 junior leaders attended. The majority of the meeting was devoted to working on clothing judging with some time spent on Home Furnishings. Mrs. Morris gave the leaders assistance during the winter months on how to judge the various food products. Particular emphasis was placed on two judging rings, pattern, fabric and findings, and ready made dresses. Those attending the meeting judged the two rings set up by the agent. This seems to be a fairly good teaching method as it provided an excellent discussion following the judging.

Demonstrations

Assistance was given the leaders in helping girls with demonstrations. Considerable time was spent in discussing suitable topics for club girls. In small groups, the leaders and junior leaders made an outline for a simple demonstration, listing the points to be covered, how they would show how to do what they were demonstrating, equipment and supplies needed and the summary. 15 women attended.

Karen O'Brien of the Handy Hands Club gave a demonstration on "Biscuits." The group analyzed the demonstration on the points we had discussed earlier in the meeting. Karen does an outstanding job in giving a demonstration and certainly applies all of the things she has learned in her club work. It is gratifying to see a young member so enthusiastic about her project work.

Home Furnishings

Miss Grace Ryan conducted a LTM on the 3 years of Home Furnishings Project for the leaders in the county. Ten leaders and 3 junior leaders attended. The main purpose of the meeting was to acquaint the leaders with the various articles that are a part of the project work. Miss Ryan stressed the importance of teaching the girls good techniques in keeping house. Home Furnishing Projects work is just as essential to

HOME ECONOMICS 4-H CLUB WORK (continued)

Home Furnishings (continued)

the girls' development for her future role as a homemaker as are clothing and foods projects.

The leaders were also given the opportunity of discussing and making suggestions on the virtues of the various articles required for the completion of the project. This meeting was just one method used in attempting to increase the enrollment in this phase of the 4-H projects.

New Leader Orientation

Fourteen leaders attended a meeting on 4-H policies and philosophy conducted by the agent. The agent attempted to instill confidence in the leaders by trying to give them basic background information on the 4-H program which would help them to understand 4-H goals.

Everyone entered into a discussion of 4-H activities local, county and state. We talked about how to conduct a good 4-H meeting. The role the leader should play at each meeting, what she should expect of the members, what consisted of a good 4-H meeting, the functions of a junior leader, the size of a local club, parent cooperation, giving talks and demonstrations at local club meetings and subject matter training meeting. These are but a few of the topics discussed.

The leaders seemed to appreciate learning more about the functions of the 4-H club and without a doubt will change and improve some of their techniques in leading a club. The general attitude following the meeting was one of a feeling more at home in the program and the desire to be a better 4-H leader using some of the ideas discussed to achieve that goal. In the agent's opinion the effort put into this meeting was well spent. The true test will be reflected in the club programs.

Clothing

Two clothing leader training meetings were conducted by Miss Helen Church this year. The first meeting was attended by 14 leaders. Miss Church discussed the requirements for the clothing projects, especially the changes made regarding the projects for the coming year. Most of the time was devoted to helping the leaders with pattern and fabric selection. Special emphasis was placed on the selection of material for a skirt and blouse. The leaders were encouraged to help the girls make their selection an interesting color combination; it is suggested, when possible, to take the girls on a buying tour at one of the stores down

HOME ECONOMICS 4-H CLUB WORK (continued)

Clothing (continued)

town so that the leader could give guidance in selection. Miss Church answered many questions on wise choice of fabric for the various years project work. The meeting ended with the showing of two film strips which would help the leaders have some visual method of teaching selection of pattern and fabric. These film strips were available to all leaders.

Only five women attended the training meeting on "Handling of Wool." Miss Church gave some excellent demonstrations on the use of pressing equipment. Interfacings were discussed at great length. Not only the types of interfacings to use in various garments but also how to use it. Using a piece of combination fiber fabric, orlon and wool, Miss Church showed the leaders how to make permanent pleats using live steam and the beater. Since most of the leaders present had girls working with wool, there were many questions asked about a specific handling and construction of wool or a wool-like garment.

A third clothing meeting was presented by the agent on Clothing Construction Techniques. The 12 leaders who attended were given demonstrations on zippers, skirt plackets, stay stitching and layering seams, bound buttonholes, collars and setting in sleeves. After each demonstration, the women were given the opportunity to try the technique by making a piece of illustrative material for their club.

Organization and Planning

Just before the beginning of the new club year this fall, a training meeting was held for 11 leaders from 7 clubs to help them in setting up their club program. It was stressed that all clubs should have well-rounded programs which would include: business, projects, demonstrations, judging, talks and recreation. In the past too many clubs have only stressed project work. Assistance was given the leaders in making written program plans, for the year. The purpose of the written plan is so that all members will have some part in the program. Project work can be completed and not be rushed for time at the end of the year and leaders will be less confused when they know what is to be accomplished early in the year.

We especially emphasized that all club members should give simple demonstrations and participate in judging of articles made by club members at local club meetings. This will better prepare the members for

HOME ECONOMICS 4-H CLUB WORK (continued)

Organization and Planning (continued)

contest demonstrations and judging and we hope will interest more girls in participating in these county contests. However, the main objective is to help the club members develop into well rounded individuals which will make them better citizens of this county, state and country. In addition the new requirements for club work were discussed as well as having the leaders think about what goals we should strive for in our local club and county program.

County 4-H Fair

One 4-H leader and two 4-H members were interviewed on a radio program which gave them an opportunity to tell what the clubs in Pima County are doing. This also gave us some advanced publicity on the Fair next month. Additional advance publicity included 3 radio interviews of 3 leaders and 5 members; 3 TV programs, 2 girls gave a demonstration on "Canning Tomatoes" and a total of 8 girls modelled their 4-H garments on 2 different programs; 2 feature newspapers' articles on Home Economics 4-H work with pictures plus at least 3 articles mentioning both Home Economics and Agricultural projects; 16 boys and girls gave talks before 6 civic clubs telling the businessmen in the community about 4-H work. 24 members who participated in the county 4-H Talent Show presented programs to two civic clubs at the same time as the talks.

Mr. Robert Oberly, Assistant County Agent, Prof. Stanley, and this agent were interviewed on a TV program during the 4-H Fair telling of the activities taking place.

A summary of the 4-H Fair shows that 291 clothing exhibits. There were also 197 Food Preparation exhibits and 39 were entered in food preservation and 49 Home Furnishings exhibits. This was a substantial increase over last year's exhibits of 165 clothing, 21 home furnishings, 179 food preparation and 17 food preservation. 27 girls participated in the dress revue; demonstration and judging contests were held at a separate time.

State Roundup

Assistance was given to all girls who were to represent Pima County at Roundup in judging, demonstrations, and dress revue contests. This year twenty-six Home Economics 4-H club members attended and participated in the Roundup events.

HOME ECONOMICS 4-H CLUB WORK (continued)

State Roundup (continued)

Results of contests are as follows:

Jr. Judging Team - Foods	Blue ribbon for team State Medal for high individual & second high individual score.
Sr. Judging Team - Foods	Blue ribbon for team State medal for high individual score
Jr. Judging Team - Clothing	White ribbon for team
Sr. Judging Team - Clothing	Blue ribbon for team
Jr. Judging Team - Home Furnishings	Blue ribbon for team State medal for high individual score
Jr. Individual Food Preservation Demonstration - Red ribbon	
Jr. Individual Food Preparation Demonstration - Red ribbon	
Jr. Individual Clothing Demonstration - Red ribbon	
Sr. Individual Clothing Demonstration - Blue ribbon	
Sr. Home Furnishing Demonstration - Red ribbon	
Jr. Team Dairy Foods Demonstration - Red ribbon	
Jr. Team Food Preparation Demonstration - Blue state medal	
Dress Revue - 2 Blue ribbon winners - 2 Red ribbon winners - 1 white ribbon winner	

4-H Camp

Twenty-three girls from 8 clubs attended 4-H Camp from Pima County.

Enrollments & Completions

There were three new clubs organized during the year plus dividing 1 club into 3 clubs. Under different leadership, a club Thread 'n Bread was organized in the Sahuarita area this year with only 8 members. They all completed. A New club at Cortaro named themselves the Thorny 4-H club. There were 12 members all living in this rural area.

HOME ECONOMICS 4-H CLUB WORK (continued)

Enrollments & Completions (continued)

The third club "Pincushions" composed of 8 girls was sponsored by the Manorettes Homemakers in Mission Manor. On the fall enrollment for 1956, we have 2 additional clubs, "Baste & Bake" made up of 9 girls living near Jaynes Station and the "Desert Rats" composed of older girls in the Blenman area. The Hasty Basters Club in the Sunny-side Community has split into three groups. The names of the other two clubs are "treadle & Kettle" and "Nimble Fingers." During 1955 214 girls were enrolled with 155 completing.

- 106 completed - Food preparation projects
- 97 completed - clothing projects
- 10 completed - home furnishings projects
- 14 completed - food preservation projects
- 13 completed - outdoor cookery

Club reporters reported 214 local meetings with a total attendance of 2,043. Approximately 1/3 more meetings were held than were reported.

Elimination Contests

Judging and Demonstration Elimination Contests were scheduled for two days in July rather than at the April 4-H Fair. Two reasons for this change in policy were: 1. Allow girls who were continuing their project work through the summer months a chance to participate in the events and be eligible for Roundup competition in August. 2. It was our desire to make these events more meaningful and educational for the 4-H club girls and leaders.

On the first day the Judging and Dress Revue events were held. The schedule was so arranged that the girls could judge in as many categories as they chose. With the able assistance of the leaders, who were assigned specific jobs, the judging contest was very successful. A total of 69 girls participated in the Judging Contests. Approximately 100 4-H members, leaders, mothers, and friends attended the first day of competitions. The second day was devoted to demonstrations with results of all contests announced at the close of the day's session. There were 25 demonstrations presented in the various categories. Approximately 75 people watched the girls present their demonstrations.

HOME ECONOMICS 4-H CLUB WORK (continued)

Achievement Days

Six local Achievement Days were reported with 121 members, parents and friends attending. At least 3 Achievement Days were not reported.

Approximately 225 4-Hers, parents, leaders, and friends attended the first Countywide Achievement Program. A short program was held at which time Mr. Rex Millhollon, Ass't. State 4-H Leader spoke briefly on the aims and goals of 4-H. Anita Hand told of her trip to National 4-H Club Camp in June. The Stitch & Stew 4-H Club sang "The 4-H Pep Song." The remainder of the evening was spent in the presentation of 4-H club pins to all club members present, presentation of County Awards, and recognition of leaders.

Pima County Fair

76 4-H club girls had 291 entries in food, 14 entries in home furnishings and 184 in clothing in the 4-H division of the 1955 Pima County Fair.

State Awards

Anita Hand was one of four 4-H club members in Arizona to have the privilege of attending National 4-H Club Camp this year. She has been an outstanding club member not only in her project work but in all 4-H activities. She has now entered the University and is majoring in Home Economics; she is continuing her 4-H club work. Mildred Johnson was selected the top winner in the State for her Food Preparation work. She was awarded a trip to National 4-H Club Congress.

Outlook

Efforts have been made to organize more rural 4-H clubs. At the present time there is a possibility of a club being formed in Avra Valley, a cotton producing area. With almost a third increase in enrollment over last year, it becomes more evident than ever that an Assistant Agent is needed to help carry the burden and to give much needed help in the 4-H Club Program.

Tentative enrollments for 1956 shows that there are 15 Home Economics Clubs with 183 girls enrolled. In January 1955 there were 10 clubs with an enrollment of 144 girls; there are 27 leaders. Enrollment in various projects are:

Clothing	131	Home Furnishings	21
Food Preparation	92	Outdoor Cookery	27
Food Preservation	15	Junior Leadership	13